Are You Ready for Flu Season?

Every year, thousands of people get the flu. You can help protect yourself by getting a flu shot.

Blue Cross and Blue Shield of New Mexico (BCBSNM) and your employer care about your health and well-being. So, we are joining together in helping you to be protected this flu season.

Beginning October 2008, flu shots will be available at select local pharmacies for a copayment of $15 for BCBSNM members* and their covered dependents. Visit one of these contracting pharmacies to receive a flu shot:

- Albertsons
- American Drug Stores
- Kmart Pharmacy
- Target Pharmacy
- Walgreens

Remember to present your BCBSNM ID card when you visit any of these pharmacies to receive a flu shot so you are charged the appropriate copayment amount and a claim can be submitted.

Call any of the above pharmacies at a location convenient to you to schedule an appointment. You should also ask about age limitations or other requirements that may apply.

A flu shot is recommended for**:
- people age 50 or older
- those who live in a nursing home
- people who have certain chronic health conditions
- pregnant women
- health care workers, people who live with others who are at high risk of flu complications, and those who live with or care for children less than 6 months old
- children ages 6 months to 19 years

Unless your doctor advises, you should not get a flu shot if you**:
- have ever had a severe allergic reaction to eggs
- have ever had a severe allergic reaction to a flu shot
- have had Guillain-Barré syndrome

*Applies to Blue Cross and Blue Shield of New Mexico (BCBSNM) members with pharmacy benefits through BCBSNM. Flu shots are not available at all pharmacies. If you are a member whose prescription drug plan is not administered through BCBSNM, please contact your employer group benefits administrator for information about the availability of flu vaccinations through your health plan.

**Source: Centers for Disease Control and Prevention