Why get vaccinated?

Protect yourself, your loved ones and your community

With flu and COVID-19 claiming thousands of lives each year, it's more important than ever to get vaccinated. Both flu and COVID-19 vaccinations protect you against severe illness and death.

You can visit an in-network doctor or pharmacy for your COVID-19 shot and your flu shot at the same time.

COVID-19 vaccine recommendation: The Centers for Disease Control and Prevention (CDC) recommends COVID-19 primary series vaccines for everyone ages 6 months and older, and COVID-19 boosters for everyone ages 5 years and older, if eligible. Even if you've already had COVID-19, it's still critical to get vaccinated to boost your immunity.

Flu vaccine recommendation: The CDC recommends annual flu shots for everyone 6 months and older, with rare exceptions. Flu vaccination has important benefits. It can reduce flu illnesses, doctors' visits, and missed work and school; it can also prevent hospitalizations and deaths.

Vaccination is particularly important for people with high risk of serious complications from flu, including pregnant people and people with certain chronic health conditions. People 65 and older should receive a higher-dose flu vaccine, such as Fluzone High Dose, Flublok recombinant or Fluad, rather than standard-dose vaccines.

A full list of those at higher risk of developing flu-related complications is available at cdc.gov/flu/index.htm.

Regence

We're here to help

Your Regence benefits protect you and your family.

- COVID-19 and flu shots are covered 100% when you use an in-network provider.

- You can get your shots at any of the following:

  - Your primary care provider

  - Any in-network doctor's office or pharmacy

  - Any contracted provider, including an employer-sponsored clinic

- Find a doctor on **regence.com** or on the Regence app. You can also call Customer Service at the number on the back of your member ID card for help locating a provider or pharmacy near you.

- If you use an out-of-network provider, you may have to pay up front. You can send us a claim, along with itemized billing and receipts, for reimbursement. We'll process the claim according to your benefits; deductible or copay may apply.

You can help prevent the spread of disease

To reduce the spread of COVID-19 and the flu, follow current federal and state safety guidelines. Wearing a mask when around others, keeping hands and surfaces clean, and staying home if you're sick are effective ways to control the spread of disease.

Stay up to date with local safety recommendations by visiting the Washington Department of Health's COVID-19 website at doh.wa.gov/emergencies/covid-19.

For the latest guidance on vaccines, visit cdc.gov/coronavirus/2019-ncov/index.html.

Want to learn more about other preventive care and vaccinations available to you?
See our preventive care guide at **regence.com** > **Manage your health**.