

Flu Shots Are the Best Prevention



A flu shot is the best way to protect against the flu; however, the seasonal flu vaccine is not expected to protect against the H1N1 flu. A separate vaccine will be available for H1N1.

Where can I go for a flu shot?

A participating doctor or medical clinic will be the best place to get your flu shot because a participating provider will file the claim for you, and Avera Health Plans will settle the claim directly with the participating provider. Check the Provider Directory on our website at www.AveraHealthPlans.com for a current listing of providers near you.

Can I go to a pharmacy or drug store for a flu shot?

If you go to a pharmacy or drug store for a flu shot,

you may be reimbursed at a lower percentage, which means you will pay for part of the cost. You also will need to file your own claim.

When will a vaccine be available for H1N1?

The H1N1 vaccine is expected to be available in the fall. An exact date is not known at this time because availability depends on several factors including manufacturing time, time needed for clinical trials, and federal and state health decisions on the distribution of the vaccine.

The Centers for Disease Control and Prevention (CDC) does not expect a shortage of the H1N1 vaccine, but initially the vaccine may be available in limited quantities and certain risk groups may need to be vaccinated first. Avera Health Plans will follow the recommendations from the CDC and other public health agencies.

How do I find out if my health plan covers a flu shot?

Contact the Avera Health Plans Service Center at (605) 322-4545 or toll-free at 1 (888) 322-2115 to find out if your plan covers flu vaccinations.

Good health habits can help prevent the spread of the flu this season:

- Wash hands with soap and warm water for at least 20 seconds. (A good timer is to sing the song "Happy Birthday" twice.)
- Clean between fingers and thumbs, and under nails and jewelry.
- Rinse all soap off your hands under running water.
- Dry hands thoroughly with a paper towel.
- Turn the faucet off using a dry paper towel.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Don't touch your eyes, nose or mouth.
- Use alcohol-based hand sanitizers.
- On a daily basis, wipe your phone with water or cleanser.
- Get plenty of rest and eat healthy.
- If you are sick with flu-like symptoms, stay home at least 24 hours after your fever is gone, except to seek medical care.



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