

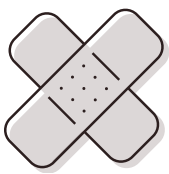
Protect Yourself, Protect Others. Get Your Flu Shot.

2023–2024 Influenza Season

Sentara Health Plans covers the flu vaccine for members with medical and/or pharmacy benefits.

For the 2023-2024 flu season, Sentara Health Plans will cover the Trivalent, Quadrivalent, and Adjuvant (for members 65 and older) influenza vaccine at 100% under the preventive care benefit.

The seasonal flu and COVID-19 are both contagious respiratory illnesses with similar symptoms, but they are caused by different viruses. Sentara Health Plans recommends that you protect yourself from these viruses. It is safe for you to be given the flu vaccine and COVID-19 vaccine at the same time. The COVID-19 vaccine is also covered by Sentara Health Plans.



The seasonal flu virus may be different each year, so it is important to get a flu shot annually.

¹ High-dose and FluMist[®] influenza vaccines are not covered for all ages. Adjuvant influenza vaccines are not covered for members ages 64 and younger. Sentara Community Care members (excluding FAMIS) ages 18 and younger must obtain influenza vaccinations through the Vaccines for Children (VFC) program. Please see your doctor, physician, or pharmacy for information on receiving the flu vaccine. As always, we recommend that you check your benefits documents or call member services to confirm coverage details.

Source: Frequently asked flu questions: 2023-2024. Centers for Disease Control and Prevention. [cdc.gov/flu/season/faq-flu-season-2023-2024.htm](https://www.cdc.gov/flu/season/faq-flu-season-2023-2024.htm)



Sentara Health Plans members may visit the following locations to receive a flu shot:



Your Physician's Office

Check with your physician to see if they offer the flu vaccine. A copayment may apply if you receive the flu vaccine during a scheduled office visit.



Your Local Pharmacy

There is no copayment, coinsurance, or deductible for members that receive a covered flu vaccine¹ from a participating pharmacy (age restrictions may apply). Please contact your local pharmacy to verify participation.

If you need assistance finding a location to receive a flu vaccine, contact Sentara Health Plans member services at the number listed on the back of your member ID card.