

GETTING THE FLU VACCINE

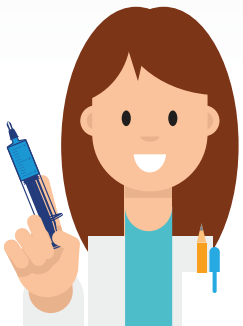


2020 Seasonal Influenza Vaccine

While it's not possible to say with certainty what will happen in the fall and winter, CDC believes it's likely that flu viruses and the virus that causes COVID-19 will both be active. The following messages provide communicators at military hospitals and clinics with important CDC and Defense Health Agency information to share with patients and beneficiaries.

Key Messages

- ◆ For the 2020-21 flu season, flu vaccination will help reduce the overall impact of respiratory illnesses on the population and decrease the burden on the health care system during the COVID-19 pandemic.
- ◆ Receiving the flu vaccine will not protect against COVID-19; however, flu vaccination has been shown to reduce the risk of illness, hospitalization and death from an influenza infection.
- ◆ Flu vaccination should be postponed for people with suspected or confirmed COVID-19, regardless of whether they have symptoms, until they have met the criteria to discontinue their isolation. While mild illness is not a contraindication to flu vaccination, vaccination visits for these people should be postponed to avoid exposing healthcare personnel and other patients to the virus that causes COVID-19.
- ◆ Flu vaccines for beneficiaries will arrive on a rolling basis at MTFs beginning in September and extending into December. The bulk of the earliest arriving vaccine will be given to overseas locations, deployed service members, and other beneficiaries who otherwise have no access to the flu vaccine.
- ◆ Contact your local MTF for information on safety precautions being taken to protect visitors against COVID-19, and be sure to check flu vaccine availability before you plan a visit.
- ◆ Beneficiaries can also get a flu vaccine at no cost by visiting a TRICARE participating network pharmacy. The vaccine must be administered by a pharmacist. Beneficiaries may also receive a flu vaccine administered by a TRICARE network provider at no cost. Call first to see if your provider is offering the vaccine and whether they are a TRICARE network provider. Visit www.tricare.mil/flu to learn about TRICARE coverage and the flu vaccine.
- ◆ If you or your child receives a vaccine outside of the MTF, remember to get a record of it and share the information with your primary care provider or military clinic. This will ensure your family's vaccination records are current.



Additional Resources for 2020 Seasonal Influenza Vaccine

- The TRICARE flu website has information on no-cost and co-pay options should you decide to go out to the retail pharmacy network for your flu vaccination. www.tricare.mil/flu
- The Seasonal Influenza Resource Center 2020-21 has more information: www.health.mil/fluresourcecenter



2020 Seasonal Influenza Vaccine Key Messages

AUDIENCE	KEY MESSAGE	TALKING POINTS
Active Duty service members	<p>Required to get the flu vaccine annually.</p> <p>Seasonal influenza vaccine is recommended for everyone 6 months of age and older with rare exception.</p>	<p>Options for getting the flu vaccine:</p> <ul style="list-style-type: none"> - Your unit: Check with your chain of command. - Military hospital or clinic: Contact the facility for availability. - TRICARE participating network or non-network pharmacy at no cost: The pharmacist must administer the vaccine. If you use a non-network pharmacy, you may have to pay out-of-pocket and file a claim for reimbursement. - TRICARE network provider at no cost: Get a referral from your Primary Care Manager. Then call to see if the provider is offering the vaccine and confirm they are a TRICARE network provider. - TRICARE non-network provider: To get the vaccine at no cost from a non-network provider, first, get a referral from your Primary Care Manager. You may have to pay out-of-pocket and file a claim for reimbursement. <p>If you get a flu vaccine from a TRICARE-authorized civilian pharmacy or provider, follow your service guidance for recording the vaccine in your service medical record.</p>
Reserve/National Guard service members	<p>Required to get the flu vaccine annually.</p> <p>Seasonal influenza vaccine is recommended for everyone 6 months of age and older with rare exception.</p>	<p>Options for getting the flu vaccine:</p> <ul style="list-style-type: none"> - Your unit: Check with your chain of command first. - Military hospital or clinic: Contact the facility for availability. - If on active duty status, you can use: <ul style="list-style-type: none"> • TRICARE participating network or non-network pharmacy: The pharmacist must administer the vaccine. If you use a non-network pharmacy, you may have to pay out-of-pocket and file a claim for reimbursement. • TRICARE participating network provider: Get a referral from your Primary Care Manager. Then call to see if the provider is offering the vaccine and confirm they are a TRICARE network provider. <p>If you get a flu vaccine from a civilian pharmacy or provider, follow your service guidance for recording the vaccine in your service medical record.</p>
Beneficiaries under 3 years old	<p>Seasonal influenza vaccine is recommended for everyone 6 months of age and older with rare exceptions.</p> <p>Receiving the influenza vaccine will not protect against COVID-19; however, influenza vaccination has been shown to reduce the risk of illness, hospitalization and death from influenza.</p>	<p>For beneficiaries younger than 3, DHA has enough flu vaccines to support demand.</p> <p>Options for getting the flu vaccine:</p> <ul style="list-style-type: none"> - At a military hospital or clinic at no cost: Contact the facility for availability. If the vaccine is not yet available and you want to get the vaccine, you may use the TRICARE network. - TRICARE network provider at no cost: Call first to see if the provider is offering the vaccine and to confirm they are a TRICARE network provider. - TRICARE non-network provider or non-network pharmacy: Deductible and cost shares may apply based on your TRICARE plan. You may have to pay out-of-pocket and file a claim for reimbursement. <p>If your child gets a vaccine outside the military hospital or clinic, make sure to take your child's shot record with you or get a record from the pharmacy/provider's office to put in your child's medical records.</p> <p>Note: Beneficiaries under 3 years old may NOT go to a TRICARE participating network pharmacy to get a flu vaccine. DHA has planned for enough flu vaccines to support beneficiary demand.</p>
Beneficiaries over age 3 and under 65	<p>Seasonal influenza vaccine is recommended for everyone 6 months of age and older with rare exceptions.</p> <p>Receiving the influenza vaccine will not protect against COVID-19; however, influenza vaccination has been shown to reduce the risk of illness, hospitalization and death from influenza.</p>	<p>DHA has planned for enough flu vaccines to support beneficiary demand.</p> <p>Options for getting the flu vaccine:</p> <ul style="list-style-type: none"> - At a military hospital or clinic at no cost: Contact the facility for guidance and availability. If the vaccine is not yet available and you want to get the vaccine, you may use the TRICARE network. - TRICARE participating network pharmacy at no cost: A pharmacist must administer the vaccine. - TRICARE network provider at no cost: Call first to see if your provider is offering the vaccine and to confirm they are a TRICARE network provider. - TRICARE non-network provider or non-network pharmacy: Deductible and cost shares may apply based on your TRICARE plan. You may have to pay out-of-pocket and file a claim for reimbursement. <p>Make sure to get a copy of your vaccine record.</p>
Age 65 and over with Medicare Parts A and B; those who show as TRICARE For Life in DEERS	<p>Seasonal influenza vaccine is recommended for everyone 6 months of age and older with rare exception.</p> <p>Receiving the influenza vaccine will not protect against COVID-19; however, influenza vaccination has been shown to reduce the risk of illness, hospitalization and death from influenza.</p>	<p>For beneficiaries 65 and older, DHA has enough flu vaccines to support demand.</p> <p>Options for getting the flu vaccine:</p> <ul style="list-style-type: none"> - At a military hospital or clinic at no cost: TRICARE For Life beneficiaries get care on a space-available basis at military hospitals and clinics. Call first to see if the facility will be providing vaccines to your age group. - TRICARE participating network pharmacy at no cost: A pharmacist must administer the vaccine. - TRICARE network provider at no cost: Call first to see if your provider is offering the vaccine and to confirm they are a TRICARE network provider. - TRICARE non-network provider or non-network pharmacy: Deductible and cost shares may apply based on your TRICARE plan. You may have to pay out-of-pocket and file a claim for reimbursement. <p>Make sure to get a copy of your vaccine record.</p>
Pregnant beneficiaries	<p>Pregnant women are at an increased risk for severe illness and complications if infected with the influenza virus.</p> <p>With few exceptions, everyone over the age of 6 months should receive an annual influenza vaccination, including pregnant women, during any trimester.</p>	<p>DHA has planned for enough flu vaccines to support beneficiary demand.</p> <p>Options for getting the flu vaccine:</p> <ul style="list-style-type: none"> - At a military hospital or clinic at no cost: Contact the facility for guidance and availability. If the vaccine is not yet available and you want to get the vaccine, you may use the TRICARE network. - TRICARE participating network pharmacy at no cost: A pharmacist must administer the vaccine. - TRICARE network provider at no cost: Call first to see if your provider is offering the vaccine and to confirm they are a TRICARE network provider. - TRICARE non-network provider or non-network pharmacy: Deductible and cost shares may apply based on your plan. You may have to pay out-of-pocket and file a claim for reimbursement. <p>Make sure you get a copy of your vaccine record.</p>

To find a participating network pharmacy, visit <https://militaryrx.express-scripts.com/find-pharmacy> or call 1-877-363-1303

