

Regence



OREGON



Flu season typically begins
Sept. 1 and continues
through March 31

Stay healthy with no-cost vaccinations



You can visit an in-network doctor or pharmacy to receive vaccinations for protection against illnesses like flu, COVID-19, pneumonia and more at no out-of-pocket cost to you.

Respiratory virus vaccine recommendations

The American Medical Association recommends vaccination as the best way to protect against the flu, COVID-19, pneumonia, RSV and other respiratory diseases. Vaccinations can reduce illness, doctor visits and missed work and school; they can also prevent hospitalizations and deaths.

Vaccinations are particularly important for people with high risk of serious complications from illness, including infants, older people, those who are pregnant and people with certain chronic conditions.

We're here to help

Vaccinations for flu, COVID-19, pneumonia and more are covered 100% when you see an in-network provider. You can get your vaccinations from:

- Your primary care provider
- Any in-network doctor's office or pharmacy
- Some dentists
- Any contracted provider, including an employer-sponsored clinic

Find a doctor on [regence.com](https://www.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 an in-network provider or pharmacy near you.

If you use an out-of-network provider, you may have to pay up front. To be reimbursed, you'll need to submit a claim with an itemized receipt by signing in to your member account on [regence.com](https://www.regence.com). We'll process the claim according to your benefits; a deductible or copay may apply.

Covered vaccinations

Along with annual flu and COVID-19 vaccinations, additional vaccinations are recommended for adults, infants and young children. For the complete list of vaccinations covered by Regence plans, visit [regence.com/member/members/preventive-care-list#Vaccinations](https://www.regence.com/member/members/preventive-care-list#Vaccinations).

Pneumonia: Doctors recommend vaccination for protection against pneumonia—a bacterial infection that can develop from flu, COVID-19 and common colds—for adults 65 years or older, infants, and children who've missed their pneumonia vaccinations during their first two years. Talk with your doctor or pharmacist about what's best for you.

Respiratory syncytial virus (RSV): This highly contagious virus can cause severe illness and death in older adults and young children. Vaccination against RSV is recommended for adults 75 and older, or adults 60-74 who are at increased risk. For infants and young children up to 19 months, doctors recommend either receiving protection from a maternal RSV vaccination given during pregnancy or an RSV antibody directly. Ask your doctor or pharmacist about availability.

Help prevent the spread of disease

To reduce the spread of disease, follow current federal and state safety guidelines. Take these steps to protect yourself and others: stay home and away from others when you're sick, cover your coughs and sneezes, keep hands and surfaces clean and improve air quality by increasing airflow. You may also consider wearing a mask when you're sick.



Want to learn more about other preventive care available to you?

See our preventive care guide at [regence.com/member/members/preventive-care-list](https://www.regence.com/member/members/preventive-care-list).

