

## Use your benefits wisely and save money



### The Upcoming Flu Season

It's that time of year again—Flu season is on it's way. According to the CDC, a flu shot is the single-most important step in protecting you and your family against the influenza virus.

**Who should get vaccinated?** It is recommended that everyone older than 6 months should get a flu vaccination.

**When should I get vaccinated?** As you may have noticed, vaccinations are available now. The best time to get your vaccine is before December so that the vaccine is in full effect before the peak of flu season.

**Where should I get my vaccination?** While most campuses will schedule a Flu Shot Clinic, you can go to your local pharmacy and get your flu shot **FREE** and at your convenience. Members can go to Express-Scripts.com to see if your pharmacy is contracted in the network, or call a Patient Care Advocate at 1-866-776-0056. Other vaccines are also available to be administered at your local pharmacy.

Have medical questions and don't know what to do or who to call???

Call the 24-hour nurse line 1-866-713-1170

### An Ounce of Prevention

Remember the old saying, "An ounce of prevention is worth a pound of cure??" That saying holds true for medical issues too. You can practice prevention by:

- Washing your hands
- Eating a healthy diet
- Exercising daily
- Brushing your teeth and having regular dental exams
- **Scheduling your wellness exam and recommended screenings**
- **Keeping your immunizations up to date**

**Did you know** that the CARES Health Plan (administered by BlueCross BlueShield of Texas) covers all recommended Preventive Care at 100% with no deductible or copayment for office visits? \*

Don't wait until you need to find a cure—schedule a visit with your medical provider today!

See the attached Preventive Care Flier for more information to help you make the most of this valuable benefit. You can also find a copy of this flier on the CARES website at:

[http://www.caresbenefits.org/forms/CARES\\_Preventive\\_Benefits.pdf](http://www.caresbenefits.org/forms/CARES_Preventive_Benefits.pdf)

\* when you use a network provider

**Did you know that** research shows that Emergency Room visits have increased by more than 30 percent in the past decade? Accidents and illnesses can happen at any time, but knowing your health care choices can save you time and money. Your first line of defense should be your family doctor. Use **Urgent Care** to supplement your family doctor's care after office hours, on the weekend or if you are unable to get an appointment. Use **Emergency Care** for accidents or illness not treatable at your physician's office or matters of life or death. **For medical emergencies, always call 911 or go to the closest hospital emergency room.** The chart below gives a general guideline for care.

Where to go	When to go	Examples	Out-of-pocket cost
In-network doctor or clinic	Visit your doctor for routine care during office hours	Health exams, colds, flu, sore throats, minor injuries, aches and pains	Lowest
In-network urgent care clinic	Go for nonemergency needs when your doctor's office is closed or if you need immediate medical attention	Simple cuts, burns, ear infections, sprains and minor injuries	Moderate
Hospital ER	Use the ER if you have serious symptoms or a life-threatening emergency	Severe bleeding, chest pains, poisoning and broken bones	Highest

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The information in CARES Connection is intended to complement the advice of your health care provider and not to replace it. Before making any changes in your medication, diet or exercise, consult with your health care professional.

For copies of this and past CARES newsletters visit [www.CARESbenefits.org](http://www.CARESbenefits.org)