

## MEDICAL MANAGEMENT

### Flu Season is Here: Discuss Immunizations with Members



October to May is cold and flu season. In Louisiana, most illnesses typically occur from December to March, according to the state Department of Health.

Encourage your patients to think about protecting themselves and their families from getting sick or spreading illness. That includes being up to date on immunizations and wellness visits.

Blue Cross and Blue Shield of Louisiana (Louisiana Blue) suggests talking through the latest flu shots guidance and the RSV immunization. Let members know who could benefit from the immunization, discuss risk factors and schedule future appointments to get them.

Flu can lead to more severe illnesses like pneumonia or even cause death, especially in people who are older, pregnant or have a long-term health condition like heart disease or diabetes. Your patients can protect themselves and their most vulnerable loved ones by getting a flu shot.

Flu shots are safe and effective, and the best way to prevent serious illnesses caused by the flu. Louisiana Blue plans cover the annual flu shot for \$0 or very low cost. To find out how the flu shot is covered on their health plan, members can contact Customer Service at the number on their ID card.