


*Flu Season is soon upon us.*

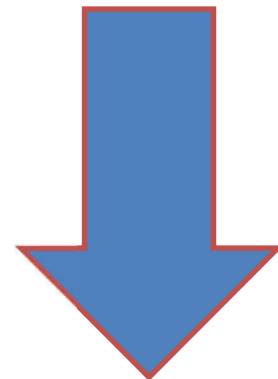
*Highmark members can obtain a flu shot two ways:*

 Go to any participating Express Scripts pharmacy. To locate a participating pharmacy near you, go to [www.highmark.com](http://www.highmark.com) & click on the “Find Doctor or Rx” link at the top to search. Express Scripts can also be reached by phone at 877.603.8399

 Your physician can administer the shot and the claim will be submitted under your medical coverage

*Stay Healthy This Winter!*

# WHAT YOU SHOULD KNOW ABOUT THE SHINGLES VACCINE



Shingrix (recombinant Zoster vaccine) and Zostavax (also known as Zoster) are vaccines available to adults for the prevention of Shingles.

**Highmark members age 50 or older for Shingrix and age 60 or older for Zostavax are eligible for this vaccine at no cost.**



## Check with your physician

Please note the shingles vaccine is typically not carried in the physician's office as it is temperature controlled and has to be administered within half an hour.

***or***



## Locate a participating pharmacy

Most members go through their local pharmacy for the administration of Zoster. Check with your local pharmacy regarding whether they are a participating Highmark facility. You may also call member service to verify that your vaccination provider is in the Highmark network.

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