2010 H1N1 Flu Vaccination

A Special Message for CIGNA Medical Plan Participants

It’s not too late to get your H1N1 (swine) flu vaccination.

The H1N1 vaccine is now available for anyone who wants it – there’s plenty of vaccine for everyone, not just those in certain groups considered as high risk. Now is the time to protect yourself and those around you by getting vaccinated against the H1N1 flu.

The traditional flu season typically lasts until May. Although H1N1 flu is declining in many areas, another serious wave of illness is possible. We have a window of opportunity to help prevent the flu from spreading further and causing even more illness, hospitalization, and death.

The H1N1 flu vaccine is safe, effective, and the best way to protect yourself and your family from the H1N1 flu. It is made the same way seasonal flu vaccines are made every year. Extensive testing and monitoring have shown that the vaccine is not only safe, but also an excellent match for the H1N1 flu virus. When you get vaccinated, you don’t just help yourself; you help your community by preventing the spread of the flu virus.

**WHO should get vaccinated**

- **Everyone** – except those who have a severe (life-threatening) allergy to chicken, eggs or to any other substance in the vaccine.

- **Your doctor is your best source for further guidance.** Individuals at higher risk of complications are generally encouraged by their doctors to receive this vaccine. Persons at higher risk include:
  - Pregnant women (vaccine also protects the infant).
  - Household contacts and caregivers for children under six months.
  - Health care and emergency medical services personnel.
  - Persons six months to 24 years who are in close contact with others in school or day care settings.
  - Persons 25 to 64 who have health conditions that might increase their risk for flu-related complications. Your doctor can tell you if this means you or your dependents.

Unlike the seasonal flu, H1N1 has hit children, young people and adults under the age of 65 exceptionally hard. That is why we encourage you to get the H1N1 vaccine as soon as possible.
**WHAT** it will cost

- The federal government is paying for the cost of the vaccine itself and has asked all health care professionals who are licensed to dispense it to limit the cost of administering it to $22.00.

- If you use a CIGNA network doctor, pharmacy or convenience care clinic, you will pay no more than $22.00 and, depending on your medical plan, may receive your H1N1 vaccination at no cost to you! This includes you and all dependents covered under your policy.

**WHERE** to go

- **Call your Primary Care Doctor or in-network physician today** to schedule your H1N1 vaccination, or
- **Contact your local health department** or go to [www.flu.gov](http://www.flu.gov) for a list of vaccination sites in your area.

**HOW** to learn more

- Go to [www.cigna.com](http://www.cigna.com) or [mycigna.com](http://www.mycigna.com) and review the H1N1 and Seasonal Flu information that has been posted.

- **Contact Member Services:** Our customer service professionals are ready to assist you. Just call the toll-free number on your CIGNA ID card.

- **CIGNA 24 Hour Health Information Line:** Our nurses are available 24 hours a day to assist you with your concerns about the H1N1 flu. Or listen to the audiotape on H1N1 (#1409) in the audio library. Just call the toll-free number on your CIGNA ID card.

- **Centers for Disease Control and Prevention (CDC)** ([http://www.cdc.gov/h1n1flu/](http://www.cdc.gov/h1n1flu/))

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