

# NALC members now can fill 90-day prescriptions at Target pharmacies



**Brian  
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the CVS/pharmacy name at all Target pharmacy locations. Enjoy this convenient new choice for your 90-day prescriptions.

## Flu vaccinations

According to the Centers for Disease Control and Prevention (CDC), the most recent FluView (a weekly surveillance report prepared by CDC Influenza Division) shows increasing flu activity in the United States. No, this is not good news, but the Plan is here to help.

The NALC Health Benefit Plan offers *free* influenza pneumococcal and seasonal flu (including H1N1 strain) vaccines to NALC HBP members and their eligible dependents at local participating network pharmacies when the Plan is the primary payer for medical expenses. The HBP has partnered with more than 52,000 local NALC Preferred and NALC CareSelect pharmacies (including more than 7,000 CVS/pharmacy and Long's Drugs stores) to provide the following vaccines at no cost:

- Seasonal flu vaccine (H1N1 strain is incorporated)
- Intranasal seasonal flu vaccine (FluMist®)
- Injectable seasonal flu—high dose vaccine (Fluzone® High Dose)
- Adult pneumococcal vaccine
- Pediatric pneumococcal vaccine (13-Valent)

Since state regulations and the policies of NALC Preferred and NALC CareSelect pharmacies vary, members should contact the pharmacy directly to see if their state requires a prescription to administer either adult or pediatric vaccines, and for the days and times the vaccine can be administered. If a prescription is required, ask the phar-

macy if the physician's office may call a prescription in on your behalf, or if the pharmacy will contact your physician for you.

Present your NALC Health Benefit Plan identification card at the pharmacy before your vaccine is administered. The pharmacist will submit an online claim to verify your status as an active Plan member, eligible for 100 percent coverage for both the vaccine and the administration of the vaccine. Your pharmacist should call the CVS Caremark Pharmacist Help Desk if assistance is needed.

In terms of coverage, it is also important to know that:

- **When Medicare Part B is primary**—Medicare Part B preventive benefits include 100 percent coverage for flu and pneumococcal vaccines. When Medicare Part B is the primary payer, you should continue to have your health care professional administer these vaccines.
- **When another health insurance coverage is primary**—If another insurance coverage is primary, you should have your vaccines administered by a preferred health care professional in the primary carrier's network. If a balance remains after deducting the primary health carrier's payment, your provider should file a claim with the NALC Health Benefit Plan, including a copy of the primary carrier's voucher of payment.

A few things to remember: According to the CDC, flu activity most often peaks in February and can last into May.

Take everyday preventive actions to stop the spread of germs—try to avoid close contact with sick people; cover your nose and mouth with a tissue when you cough or sneeze; wash your hands often with soap and water; and avoid touching your eyes, nose and mouth.

Will the flu vaccine help you? A chart on the CDC's website reports the benefits of flu vaccination from 2014-2015 as follows:

- The estimated number of influenza-associated illnesses prevented by flu vaccinations during the 2014-2015 season = 1.9 million
- The estimated number of flu associated medical visits prevented by flu vaccinations during the 2014-2015 season = 966,000
- The estimated number of flu hospitalizations prevented during the 2014-2015 season = 67,000.

For more information, go to [cdc.gov/flu](http://cdc.gov/flu).

## Open Season

**Although we do not have the final numbers, I am happy to report that as of February, our Open Season totals show a gain of 7,251 new members.**