



COLD AND FLU SEASON IS HERE!

With cold and flu season upon us, now is the time to take precautions so that you don't get sick. Whether you are enrolled in a Blue Cross Blue Shield of Texas (BCBSTX) or Kaiser medical plan, **flu shots are covered at no cost** for you and your dependents when you use an in-network provider.

To locate a provider near you and learn about all of the services that your plan covers at 100%, visit www.bcbstx.com or kp.org.

NOT FEELING WELL?

If you are not feeling well, you may start to wonder, is it the flu or a cold – or could it be the coronavirus (COVID-19)? The table below will help you better understand the symptoms of each.

	COVID-19	FLU	COLD
Fever/Chills	▶	▶	▶
Cough	▶	▶	▶
Body Aches/Headache	▶	▶	▶
Tiredness	▶	▶	▶
Loss of Taste/Smell	▶	▶	▶
Runny/Stuffy Nose	▶	▶	▶
Sore Throat	▶	▶	▶
Shortness of Breath	▶	▶	▶
Severity	Varies. Older adults and people with certain underlying conditions are at higher risk of severe illness. Seems to cause more severe illness in more people than flu.	Varies. Young children, older adults, and people with certain chronic conditions are at higher risk of severe illness.	Colds generally do not result in serious health problems.
Onset of Symptoms	Later (2-4 days after infection)	Earlier (1-4 days after infection)	Earlier (1-3 days after exposure)

▶ Common ▶ Less Common ▶ Not Common

PREVENTION IS THE BEST MEDICINE

The best way to reduce the risk of seasonal flu and COVID-19, and their potentially serious complications, is to get vaccinated. Preventive care, including flu and COVID-19 vaccinations, is covered at 100% – meaning no cost to you – when you see an in-network provider.

You can also avoid getting sick, and help prevent germs from spreading by:

- ▶ Wash your hands often
- ▶ Use the “crook” of your arms when coughing or sneezing
- ▶ Regularly clean surfaces, such as phones and doorknobs
- ▶ Be mindful of sharing items, such as pens and utensils

THE RIGHT CARE, AT THE RIGHT TIME

Where do you go when you have the chills, a cough, or are generally not feeling well? You have choices for receiving in-network care that will work with your schedule and also give you access to the support you need. Of course, if you have a medical emergency, call 911 immediately.

➤ **Telemedicine:** you can conveniently talk with a provider 24/7 from your mobile device, tablet or computer. Receive care for symptoms related to a cold or flu, plus other non-emergency conditions such as allergies or a stomachache. The provider can even call prescriptions in to your pharmacy.

BCBSTX MDLIVE: Visit www.MDLIVE.com/bcbstx
Call 1-888-680-8646 | Text 635-483

Kaiser: Visit kp.org | Call 1-833-574-2273.

➤ **Your primary care provider's office:** in-person care always remains an option for your health care needs. Remember to always bring your medical ID card with you.

➤ **Urgent care:** for non-emergent injuries or illness, such as sprains, minor infections, minor broken bones (like a finger) or minor burns that must be tended to timely.

➤ **Emergency Room (ER):** the right decision when you require immediate medical attention for life- or limb-threatening health conditions.

REQUEST GENERIC PRESCRIPTIONS AND SAVE MONEY

Did you know that a generic drug is made with the same active ingredients and in the same strength and dosage as its equivalent brand-name drug? Ask your doctor if there is a generic version available when prescribed a prescription drug, and you may be able to save money.

You may also save money by visiting www.goodrx.com or downloading the free GoodRx free apps at the Apple or Google Play stores.



OCTOBER 29TH IS NATIONAL PRESCRIPTION TAKE BACK DAY!

Dispose unused or expired medications safely, responsibly – and conveniently! It is good for the community, and for the environment!

Go to www.dea.gov/takebackday to find useful information, including drop-off locations near you.

DON'T FORGET! ANNUAL ENROLLMENT IS OCTOBER 31-NOVEMBER 14, 2022

This is your once-a-year opportunity to change your benefits or add new coverage beginning January 1, 2023. While most of your elections will automatically carry over, you must re-enroll in the tax-advantaged accounts, such as the Health Savings Account (HSA) and Flexible Spending Accounts (FSAs) to participate next year.

QUESTIONS?

For more information about these benefits, including how to contact the carriers directly, visit the US Benefits Hub at <https://myensignenergybenefits.com>.



You may also contact benefitsUSA@ensignenergy.com or:

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