

September 2015

Dear Benefits Administrator:

Every MEA Benefits Trust plan includes 100% coverage for preventive care — including flu vaccine — to help members and their families stay healthy. The flu vaccine is **free** for MEA Benefits Trust members who get the shot at a school clinic, and there's no charge to the school district.

Again this year, members can choose to get their flu vaccine at a school clinic, a doctor's office or a retail clinic. It's very important that infants and children, seniors, pregnant women, travelers and people who have a weak immune system due to a disability or health issue get the vaccine. These groups are at a higher risk of complications from the flu.*

MEA Benefits Trust members should bring their member ID cards to the clinic for their free flu vaccine.

Option 1: Your school uses a network flu clinic provider.

Member cost: \$0

- Choose a network flu clinic provider from the list below.
- There's no paperwork for you, and members don't need to submit a claim.
- To plan a flu clinic, contact one of these network providers as soon as possible.

Anthem Blue Cross and Blue Shield in Maine network flu clinic providers		
Throughout Maine	Maxim Health Systems	1-855-265-9400
	VaxAmerica	1-888-444-8522
Aroostook County	Eastern Maine Home Care	1-207-498-2578
Augusta	Workplace Health	1-207-621-7550
Bangor	Eastern Maine Home Care	1-207-973-6550
Portsmouth NH	Healthy Achievers	1-603-571-5553
Saco	Home Health Visiting Nurses of Southern Maine	1-207-284-4566
Sanford	Goodall Occupational Health Center	1-207-490-7099
South Portland	Interim Healthcare	1-207-775-3366
	VNA & Hospice of South Portland	1-207-780-8624

Option 2: Hold your own clinic with your own clinical staff and submit paperwork for reimbursement.

Member cost: \$0

- Within 60 days after you hold your clinic, send a completed school clinic participant list along with a copy of your invoice for flu shot administration and vaccines to becky.duval@anthem.com or:
Heather Barbour
 Anthem Blue Cross and Blue Shield
 2 Gannett Drive, 1W070
 South Portland, ME 04106
- Anthem Blue Cross and Blue Shield (Anthem) will reimburse your district in full for flu shot administration and vaccines for MEA Benefits Trust members.
- You will get your reimbursement two to four weeks after Anthem gets your paperwork.

*Flu.gov: *Who's at Risk* (accessed August 2015): flu.gov/at-risk/index.html.

Option 3: Contract with out-of-network providers, pay them directly and submit paperwork for reimbursement.

Member cost: \$0

- You can contract with an out-of-network provider if a network provider isn't available in your area.
- Within 60 days after you hold your clinic, send a completed school clinic participant list along with a copy of your invoice for flu shot administration and vaccines to becky.duval@anthem.com or:
Heather Barbour
Anthem Blue Cross and Blue Shield
2 Gannett Drive, 1W070
South Portland, ME 04106
- Anthem will reimburse your district in full for flu shot administration and vaccines for MEA Benefits Trust members.
- You will get your reimbursement two to four weeks after Anthem gets your paperwork.

Option 4: Get the flu shot or nasal spray at a doctor's office.

Member cost: \$0 — for preventive care only

- MEA Benefits Trust members can get a flu vaccine at their doctor's office with no office visit copay if the visit is for the vaccine or other preventive services only.
- If the office visit is for an illness or injury, there's an office visit copay even if members get the flu vaccine during the visit.

Option 5: Get the flu shot or nasal spray at a network pharmacy.

Member cost: \$0

MEA Benefits Trust members can visit a participating pharmacy in their area.

For questions, please contact:

Anthem Blue Cross and Blue Shield	MEA Benefits Trust
Becky Duval , Account Service Representative becky.duval@anthem.com 1-207-430-3533	Sharon Beaulieu , Benefits Manager sbeaulieu@meabt.org 1-207-622-4418, ext. 2207

Wishing you the best of health,



Jennifer Kent
Account Management Executive
Anthem Blue Cross and Blue Shield

Enclosure: School flu clinic participant list

