

Subject: Don't let the flu catch your employees



NOVEMBER 2019

Avoid the flu and breathe better in 2020

Wellness for our members is important year-round, and doubly so during the winter months when seasonal changes make it harder to stay healthy. Below are healthy living tips we plan to share with your employees in an upcoming email, as they prepare for the new year.

Don't let the flu catch you

Scott and White Health Plan covers flu vaccinations at no charge for most employees at in-network pharmacies, walk-in clinics and at the doctor's office.

Why get vaccinated?

- It protects the member, their co-workers, friends and family
- The flu can be spread to others before any symptoms present
- One vaccination protects against several types of flu

Note: Some locations offer limited walk-in hours or only provide vaccinations at specific times. In-network providers can be found at swhp.org or through the MyBSWHealth app.

Members can download the app here:



For more information about how to prevent seasonal flu, click [here](#). Encourage your employees to get their flu shot soon!

Breathe better in 2020

The American Cancer Society has dedicated the third Thursday of November as "Great American Smokeout 2019." This is an annual event that aims to encourage tobacco users to quit smoking and/or using smokeless tobacco. If your employees would like more information about this event, the American Cancer Society has helpful [resources](#).

Thank you,

Scott and White Health Plan

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