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**Cold and Flu Season**

It's that time of year again. 'Tis the season of colds and flu. Maybe you've had your flu shot but you're still concerned about getting sick, and rightfully so. The more you're around sick people, the greater your chance of catching one of these nasty bugs.

Even if your best efforts fail and you feel like you're coming down with something, start treating symptoms right away. While you can't cure the common cold or flu (they're viruses, so antibiotics do not work on them), you can definitely lessen the duration of suffering. Remember to drink plenty of fluids, get plenty of rest, cough and blow to get the phlegm out, gargle salt, and take over the counter medicine.

**Precautions to Avoid a Cold or the Flu**

- Wash your hands well and often with soap and water for at least 20 seconds.
- Wipe down frequently touched surfaces.
- Avoid touching your eyes, nose and mouth between hand washings.
- Get eight hours of sleep daily to help your body resist illness.
- Eat a healthy diet to get the vitamins and minerals you need.



**When to Seek Medical Treatment**

Sometimes it's tough to determine if you have a cold or the flu. Generally headache, fever and extreme fatigue are more characteristic of the flu. Regardless, seek medical attention if you have a fever over 104 degrees (102 for infants or adults 65 and older); your symptoms last longer than 10 days; you're having trouble breathing or it sounds like wheezing; you have a very sore and red throat or you see white patches; or if you experience extreme pain in the neck, ears or sinuses.



**Reminder.....**

**Flu shots at no charge are available to every covered person in an ICUBA Medical Plan at any Walgreens pharmacy.**  
**For more information call 1-800 WALGREENS (1-800-925-4733) or visit [www.walgreens.com/flu](http://www.walgreens.com/flu)**

## **FREE ICUBA Cares™ In-Network Benefits**

- Annual Physical
- Annual Gynecological Exam
- Lab Tests
- Pap Tests
- Mammograms
- Urinalysis
- Immunizations
- Electrocardiograms
- Echocardiograms
- Colonoscopies and Sigmoidoscopies
- Colorectal Screenings
- Prostate Cancer Screenings
- Bone Mineral Density Tests
- Allergy Injections
- Aspirin for adults with a physician prescription
- Prescribed folic acid and generic pre-natal vitamins for pregnancy
- Diabetic supplies such as One Touch meters, lancets, strips, and Novofine® needles
- Employee Assistance Program to all employees and members of their household
- Better You From Blue™ Health Fairs and \$25 incentive for participation
- Healthy Additions \$25 incentive for each pregnant member

## **Money Saving Tips.....Did You Know?**

- Many Generic drugs offer the same quality as Brand drugs.
- Using 90 day mail order for maintenance prescription refills provides the greatest savings. To order your refills, call Member Services at 1-800-207-2568 or go to [www.walgreenshealth.com](http://www.walgreenshealth.com).
- BCBSFL has a tool to help members compare the cost and quality of health services and treatment options before they get services performed. To find out more about "Know Before You Go" call BCBSFL at 888 476-2227 or go to [www.bcbsfl.com](http://www.bcbsfl.com) and click on My Blue Service.

## **ICUBA Benefits for New Plan Year**

**ICUBA will have the same great benefits for the new plan year 4/1/12 - 3/31/13:**

- Four global Blue Cross Blue Shield of Florida (BCBSFL) Medical Plans
- Catalyst Rx Pharmacy Benefits and Network
- MHNet Behavioral Health, including Employee Assistance Program
- Free In-network labs, immunizations, diagnostics, and other preventive benefits
- No co-pay or co-insurance for wellness office visit
- Coverage of Aspirin and Pre-Natal Vitamins under the Prescription Drug Plan
- BCBSFL "Know Before You Go" at 888-476-2227
- Blue 365® from BCBSFL at [www.bcbsfl.com](http://www.bcbsfl.com)
- Walgreens Product Discount Card
- ICUBA Benefits MasterCard®