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## FLU SEASON IS UPON US AND ICUBA CARES™ IS HERE FOR YOU

According to the Centers for Disease Control (CDC), Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination annually. Every year in the United States, on average 5% to 20% of the population gets the flu, more than 200,000 people are hospitalized from flu complications, and about 36,000 people die from flu-related causes. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications. ICUBA covers FLU SHOTS at 100% for you or your covered dependents when administered by an in network Blue Cross Blue Shield provider. Alternatively, ICUBA will cover your flu shot administered at your campus, if available. ICUBA will also cover flu shots at 100% if administered by a Pharmacist at your local Walgreen's Drug store, providing you obtain a Flu Shot voucher from your Human Resources Department.

Symptoms of flu include:

- |                        |   |
|------------------------|---|
| * fever (usually high) | * sore throat   |
| * headache             | * runny or stuffy nose  |
| * extreme tiredness    | * muscle aches  |
| * dry cough            | * stomach symptoms, such as nausea, vomiting, and diarrhea can also occur but are more common in children than adults |

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. Flu viruses are thought to spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning one day before symptoms develop and up to five days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

There is no vaccine available right now to protect against novel H1N1 virus (Swine Flu). However, a novel H1N1 vaccine is currently in production and may be ready for the public in the fall. There are everyday actions that can help prevent the spread of H1N1 virus that also cause respiratory illnesses like influenza.

Take these everyday steps to protect your health:

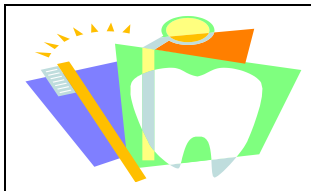
- \* Cover your nose and mouth with a tissue when you cough or sneeze. Discard the tissue after you use it.
- \* Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- \* Avoid touching your eyes, nose or mouth. Germs spread this way.
- \* Try to avoid close contact with sick people.
- \* If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Keep away from others as much as possible to avoid making others sick.

# Important Information to Improve Your Health

## Blue Cross Blue Shield ID CARDS



Blue Cross Blue Shield of Florida is issuing new identification cards which you will be receiving this month. These cards have been updated with information that enables your doctors and other health care providers to quickly and easily access your benefit and eligibility information. Please discard your old cards and begin using the new cards immediately. Be sure to show your doctors and other health care providers your new card so they can update their files.



## DENTAL BENEFITS

Humana provides online tools that help you understand your dental benefits. You can learn more about your dental plan by logging onto [HumanaDental.com](http://HumanaDental.com). Simply register to create your *MyHumana* account, the secured member page giving you access to useful information about your dental plan.

On [HumanaDental.com](http://HumanaDental.com) You Can:

- Learn more about covered treatments such as cleanings and sealants
- See how often you can have dental services and the next date you are eligible for those services
- Verify if any specific age limits apply to services
- Check the status of a claim
- Order replacement member ID Cards



If you are covered under the Dental HMO and have not selected a provider, you will be receiving a letter in the mail asking you to select a participating dental provider by the close of the business day on September 14, 2009. You will be effective with your dental provider selection as of October 1, 2009. If you do not make a selection by September 14, 2009, a participating dental provider will be assigned to you based on your zip code and provider utilization. If you are auto assigned a dental provider and wish to change the automatic selection, you will not be effective with your new dental provider selection until November 1, 2009.