

A health and benefits program of Christian Brothers Services

Maintaining *your health*



Preventive Care

Preventive care is the most important step you can take to manage your health. Many of the top risk factors leading to illness and premature death are preventable, and prevention is easier than curing. Stay healthy and protect those you care for by receiving vaccines for preventable diseases.

You can now receive vaccines administered at your local pharmacy through your prescription drug benefit. Vaccines administered at your retail pharmacy typically do not require an appointment and are the same effective medications as used at your physician's office.

To locate a pharmacy, log on to mycbs.org/health and click the **My Prescription Drugs** link located under the **My Account** header. Next, click on the **Locate a Pharmacy** link, which will take you to the Express Scripts (ESI) website. Lastly, enter your ZIP code or city and state and click the locate pharmacy button. A list of available pharmacies will appear, as will a map to detail location. You can also call Express Scripts customer service at **800.718.6601** to assist in locating a pharmacy.

Please remember to contact your network pharmacy in advance to inquire about vaccine availability, age restrictions and current vaccine schedules.

All preventative vaccines and administration are covered at 100% and require no claim forms if received at a network participating pharmacy*. Just present your member ID card to the pharmacist at the time of service.

By actively caring for your health and practicing preventive healthcare, you can lessen the effects of deadly diseases and perhaps even prevent a disease altogether. Consider discussing the appropriate screenings with your healthcare professional at your next appointment. It's important to visit your doctor regularly -- at least annually or as recommended by your physician.

For a complete list of preventive care for women, men, adolescents, children and newborns, which includes physical exams, testings/screenings, counseling and immunizations, log on to mycbs.org/health.

* *Please note this is not referring to a Walgreens Take Care Clinic, a CVS Minute Clinic or any other type of clinic offered in a store. The pharmacist must be the one to administer the vaccine.*



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for more information