

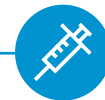


# COVID-19 VACCINES

What you should know from  
Dr. Mark Steffen

It can be challenging to stay on top of trustworthy and timely information related to COVID-19 vaccines. To help keep you informed, Dr. Mark Steffen, chief medical officer at Blue Cross and Blue Shield of Minnesota, explains what you should know.

- **Protection:** Getting the COVID-19 vaccine is one of the most important things you can do to protect yourself from infection. Blue Cross encourages everyone to receive the vaccine as you become eligible.
- **Cost:** There is no cost for the vaccine. Blue Cross provides coverage with no member cost-sharing for the administration of FDA-authorized COVID-19 vaccines. This applies to in-network and out-of-network providers in all 50 states for the duration of the public health emergency.
- **Availability:** Vaccination is occurring in phases. Due to limited supply, vaccine timing and eligibility is determined by state and local health departments as supplies become available. Check your local health department website for vaccine availability in your area.
- **Safety and effectiveness:** All FDA-authorized COVID-19 vaccines have gone through rigorous studies to ensure they are safe and effective. The thorough review by the FDA and its advisory committee made up of independent scientific and public health experts from around the country provides confidence in the safety of the vaccine and its ability to prevent illness.
- **Prevention:** The Centers for Disease Control and Prevention (CDC) currently recommends that you continue to wear a mask and practice physical distancing, even after you get vaccinated. Be sure to check with the CDC and your state's health department for the latest guidance on measures to reduce the spread of COVID-19.



## Beware of scams

Scams related to the COVID-19 vaccination are on the rise. To avoid becoming a victim:

- Rely only on trusted resources
- Ignore unsolicited communications from unfamiliar sources
- Don't share your personal or financial information with an unknown source

## STAY INFORMED

Find the most up-to-date information on these trusted resources:

[bluecrossmn.com/covid](https://bluecrossmn.com/covid), [blog.bluecrossmn.com](https://blog.bluecrossmn.com) and [cdc.gov/coronavirus](https://cdc.gov/coronavirus)