Sentara Health Plans

Protect yourself, protect others— Get your flu shot

2026-2027 influenza season

Sentara Health Plans covers the flu vaccine for members with medical and/or pharmacy benefits.

For the 2026-2027 flu season, Sentara Health Plans will cover the Trivalent and Adjuvant (for members 65 and older) influenza vaccine at 100% under the preventive care benefit.

The seasonal flu is a contagious respiratory illness and Sentara Health Plans recommends that you protect yourself through vaccination.

Why get vaccinated every year?

Influenza viruses change over time. The 2026-2027 vaccine was updated to better match the strains expected to circulate this season. Annual vaccination helps protect you and those around you.

If you need assistance finding a location to receive a flu vaccine, contact Sentara Health Plans member services at the number listed on the back of your member ID card.

Vaccination locations

Sentara Health Plans members may visit the following locations to receive a flu shot:

Your physician's office

Check with your physician to see if they offer the flu vaccine. A copayment may apply if you receive the flu vaccine during a scheduled office visit.

Your local pharmacy

There is no copayment, coinsurance, or deductible for members that receive a covered flu vaccine[1] from a participating pharmacy (age restrictions may apply). Please contact your local pharmacy to verify participation.

Sentara Health Plans is the trade name of Sentara Health Plans, Sentara Health Insurance Company, Sentara Health Administration, Inc., and Sentara Behavioral Health Services, Inc.

[1] High-dose and FluMist® influenza vaccines are not covered for all ages. Adjuvant influenza vaccines are not covered for members ages 64 and younger. Sentara Community Care members (excluding FAMIS) ages 18 and younger must obtain influenza vaccinations through the Vaccines for Children (VFC) program. Please see your doctor, physician, or pharmacy for information on receiving the flu vaccine. As always, we recommend that you check your benefits documents or call member services to confirm coverage details.
Source: 2025-2026 Flu Season. Influenza (Flu). cdc.gov/flu/season/2025-2026.html

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