FLU SEASON 2018

As the flu season is upon us, Fidelis Care would like to inform you of the availability of oseltamivir (Tamiflu®) for our Fidelis Care members in:

- Medicaid Managed Care (MMC)
- Child Health Plus (CHP)
- HealthierLife (HARP)

Effective 1/1/2018, Oseltamivir (Tamiflu®) will be available as follows

| Quantity Limits       | • Capsules: Up to 10 capsules per fill  
|                       | • Suspensions: Up to 120 mL per fill   
| Day Supply Limits     | • Maximum of 5-day supply (for treatment) 
|                       | • Exceptions: Members under 5 years of age or 65 years or older 
| Age Limits            | • Suspensions: Allowable for members under the age of 8  
|                       | • Note: Oseltamivir or Tamiflu® capsules may be opened and mixed with sweetened liquids such as regular or sugar-free chocolate syrup, corn syrup, caramel topping, or light brown sugar (dissolved in water) 

Please remember:

1. To be effective for influenza treatment, oseltamivir MUST be started within 48 hours of symptoms.

2. The CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. The flu vaccine is available to all Fidelis Care members.
   a. Everyone 6 months of age and older should get a flu vaccine every year.
   b. Patients of high risk especially require a vaccination to decrease risk of severe illness:
      i. Children less than 5 years old
      ii. Adults 65 years old and older
      iii. Pregnant women and women up to 2 weeks postpartum
      iv. Patients with chronic pulmonary, cardiovascular, renal, neurologic, hematologic, or metabolic disorders
      v. People who are immunocompromised
      vi. Patients 18 years old or younger who are receiving long-term aspirin therapy
      vii. Residents of nursing homes or long-term/chronic care facilities
      viii. People with extreme obesity (BMI of 40 or more)

3. Medication prophylaxis such as oseltamivir is NOT a substitute for vaccination.

For more information, please visit the CDC website:  https://www.cdc.gov/flu/