EmblemHealth

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Schedule Your Annual Checkup

Get the new year off to a healthy start by scheduling your annual checkup with your primary care provider (PCP). Even if your plan doesn't require you have a PCP, it's still a great idea to have one. A PCP is the doctor or other health care provider who sees you on a regular basis. They get to know your medical history and provide your everyday care. Scheduling an appointment now will help you get an early jump on important preventive care.

Need a PCP?

You can find one by signing in to your myEmblemHealth member portal. Click "Find Care" and choose your plan name in the drop-down menu. Choose "Primary Care Provider" as your Service Type. The results of your search will only include providers available in your selected plan or network. Don't have an account yet? Go to my.emblemhealth.com to register today!

Give Your Health a Boost With COVID-19 and Flu Vaccines

COVID-19 continues to spread this winter. You can help prevent infections by washing your hands, wearing a mask in crowded areas, and staying home when you are sick. But the best way to protect yourself (and your loved ones) from severe illness is to get a bivalent booster shot.

This additional booster shot includes protection for the Omicron variant of COVID-19. Most adults and children aged six months and older can receive this booster two months after their first vaccine series. Please visit the Centers for Disease Control and Prevention (CDC) website for more vaccine guidance.

Experts are still learning how long immunity lasts after a COVID-19 infection. Even if you recently had the virus, you may be eligible to receive a bivalent booster. EmblemHealth will continue to update COVID-19 vaccine information on our website.

Is It COVID-19 or the Flu?

COVID-19 and the flu can have similar symptoms. Learn more about the differences between the two viruses. If you haven't gotten a flu shot yet, it's not

too late.

Flu and COVID-19 vaccines are available at a local pharmacy, like [CVS](), [Walgreens](), or [Rite Aid](). As an EmblemHealth member, these vaccines are covered at no cost to you.

Get Healthy With EmblemHealth Events

EmblemHealth Neighborhood Care offers no-cost, in-person and virtual programs and classes tailored to the unique needs of our surrounding communities. Neighborhood Care is partnering with the La Jornada Food Pantry in Jackson Heights to give away a variety of free food. Every Friday from 10 a.m. to 2 p.m., we'll be giving away fresh fruits and vegetables, canned goods, ready-made meals, dairy, meat, and more. All we ask is that you bring your own bags. No registration required.

See the full schedule and register for this and other live classes on topics like mental health and meditation on the events page.

For accommodations of persons with special needs at events, call 800-447-8255 (TTY: 711), 8 a.m. to 6 p.m., Monday through Friday.

Visit Events Page

Member Rights and Responsibilities

EmblemHealth wants you to know that you have a right to appropriate treatment in a proper setting. Understanding your rights and responsibilities as a plan member can help you make the most of your membership.

Learn More