



# Arm Yourself with a Flu Shot

## Flu shots

In the U.S., an estimated 25–50 million cases of the flu are reported each year — leading to more than 226,000 hospitalizations and approximately 36,000 deaths annually.

Receiving vaccinations is one of the best ways to prevent getting sick from the flu. Vaccinations can prevent infection in about 70–90 percent of healthy persons younger than 65 years.

Best of all, flu vaccinations are conveniently covered in full by your Pima County Medical Plan and can be administered at any of the location(s) below.

## Physician Office

Pima County employees and family members covered by a UnitedHealthcare plan can obtain flu shots at their physician's office. When you obtain a flu shot through your family doctor, it gives the physician an opportunity to consult in other preventive activities that may be of benefit to you and your family. Remember, **if you visit your physician for a flu shot ONLY** the plan will pay for this service in full. If you visit your provider for a non-preventive office visit and **ALSO** get a flu shot, a charge will be assessed for the office visit.

## Retail Pharmacies

Pharmacist associated with the contracted retail pharmacies below can administer flu shots at no cost to Pima County employees and family members covered by a UnitedHealthcare plan. All you need to do is show your ID card. No appointments are necessary.

**CVS Pharmacy** ([www.cvs.com/flu](http://www.cvs.com/flu))

**Rite-Aid Pharmacy** (<http://www.riteaid.com/pharmacy/immunization/>)

**Target Pharmacy** ([www.target.com/flu](http://www.target.com/flu))

**Walgreens Pharmacy** ([www.walgreens.com/flu](http://www.walgreens.com/flu))

## Convenience Care Clinics

Convenience care clinics are typically located in retail stores. They provide a limited range of simple care services, including flu shots. **If you visit a Convenience Care Clinic for a flu shot ONLY** the plan will pay for this service in full. If you visit a Convenience Care Clinic for a non-preventive visit and **ALSO** get a flu shot, a charge will be assessed for the visit. No appointments are necessary. All services/treatments are offered only to patients 18 months of age or older and may vary with each center.

**MinuteClinic, CVS Pharmacy** (<http://www.minuteclinic.com/services/vaccination/>)

**RediClinic** (<http://www.rediclinic.com/services/vaccinations.php>)

**Take Care Clinic<sup>SM</sup>, Walgreens Pharmacy** (<http://takecarehealth.com/what-we-treat.aspx>)

**Target Clinic** ([www.target.com/flu](http://www.target.com/flu))



## Did you know...

- A person can spread the flu starting one day before they feel sick.
- Adults can continue to pass the flu virus to others for another 7-8 days after symptoms start. Children can pass the virus for longer than 7 days.
- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.

## Proven results

- A 44 percent reduction in physician visits for upper respiratory illnesses in healthy working adults
- A 57 percent reduction in lost workdays
- A 25 percent decrease in antibiotic use for flu-associated illnesses
- An estimate of nearly \$50 is saved for every vaccinated employee