

Free Flu Shots Are Available



For faculty and staff who are enrolled in COVA Care, COVA HDHP, and Kaiser Permanente, here are the ways to obtain a free flu shot this year! In all cases, please be sure to bring your COVA or Kaiser card with you.

1. Free flu shots will be available until the end of flu season at specific participating COVA Care and COVA HDHP plan chain and independent retail pharmacies. Any plan member, including employees, non-Medicare eligible retiree group members, covered spouses and dependents, may present a plan ID card to receive a flu shot at no cost. For a list of participating pharmacies, please see <http://www.dhrm.virginia.gov/hbenefits/prescriptiondrugs/flushots.htm>

(Please check with your local pharmacy in the chain to be sure it is participating in the program. Each pharmacy location sets up its own clinics and procedures, which may differ between stores.)

2. All **COVA Care and COVA HDHP** members may receive free flu shots in their doctor's office covered under the medical routine wellness benefit. **Kaiser** plan members have access to free flu shots at their doctor's office and at participating medical centers.

3. Flu shots Available at Faculty-Staff Enrichment Day for COVA Care and COVA HDHP participants!

Flu shot clinics provided by SUPERVALU Pharmacies¹, Inc., will be available at Faculty-Staff Enrichment Day in:
Fairfax on Wednesday, October 29 from 9:00am - 4:00pm in the Gold Room in Dewberry Hall
Prince William on Friday, October 31 from 10:00am - 2:00pm on the 2nd floor of Bull Run Hall.

*******To schedule an appointment, please call the SUPERVALU Pharmacy Call Center at 877-728-6655 Monday-Friday, 10:00am-midnight or Saturday, 11:00am-8:00pm (the call center is located on the west coast). *******

When you call, you will either get a representative or hear a message, "welcome to Sav-on.com serving the nationwide family of SUPERVALU Pharmacies. The next available representative will be with you shortly."

- Please identify yourself as being from George Mason University and let the representative know that you would like to schedule a flu shot. Be sure to specify which date and campus you are requesting.
- Appointments are scheduled in 20 minute blocks. This means that you will receive an appointment time with a group of up to 15 others. (e.g. From 9:00-9:20am, up to 15 people will be scheduled for this block.)
- Appointments will be made on a first-come, first-serve basis so you may not receive your first preference for appointment time.
- There will be multiple technicians on hand to administer the shots.

IMPORTANT: Please bring your **COVA Care or COVA HDHP card** and a completed [consent form](#) with you and review the [information on the flu vaccine](#). Consent forms will be available at the clinic but it will greatly expedite the process if you have already completed a form. Please plan to spend 10-15 minutes at the clinic after your shot to ensure that there is no adverse reaction.

SUPERVALU Pharmacies is a new vendor this year because CommonHealth, the health & wellness initiative of the Commonwealth of Virginia which administered flu shots last year, no longer does flu shot clinics.

Low Cost Option... Additionally, faculty and staff may get a flu shot for \$20 at Student Health Services. For dates and times, please see <http://shs.gmu.edu/>.

If you have any questions, please call the Benefits Team at 3-2600.

¹ We're still working on bringing a clinic to Arlington. In the meantime, Arlington faculty and staff are invited to participate in the clinic at Fairfax and Loudoun faculty and staff are invited to Prince William.