



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!

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. We are working with a pharmacy vendor to bring flu shot clinics to Mason as part of Faculty Staff Enrichment Day. Once finalized, faculty and staff enrolled in COVA Care and COVA HDHP will be able to sign up for a free flu shot as part of Faculty Staff Enrichment Day scheduled for Wednesday, October 29, 2008 in Fairfax and Friday, October 31, 2008 in Prince William. We are working to bring a flu shot clinic to the Arlington campus as well. Details will be on the HR & Payroll website as soon as they are available.

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.