Winter Wellness Day 2013: Flu Shot Clinic

This Tuesday, October 15th is Winter Wellness Day. If you haven’t yet received your flu shot, be sure to make your appointment today!

For faculty and staff who are enrolled in COVA Care, COVA HealthAware, COVA HDHP, and Kaiser Permanente, seasonal flu shots are part of your wellness benefit. Just make sure to bring your insurance card.

If you have COVA Care/COVA HealthAware/COVA HDHP, you are strongly encouraged to schedule an appointment. To do so, please call the SUPERVALU Pharmacy Call Center at 877-728-6655 Monday-Friday, 10:00am-10:00pm (the call center is located on the west coast).

If you have Kaiser Permanente, you do not need to make an appointment, but are encouraged to pre-register. This will ensure enough flu vaccines are ordered and available on the day of the clinic.

Don’t have insurance through Mason? You can get your flu shot for only $20, administered through Student Health Services, also at Winter Wellness Day.

Winter Wellness Day 2013 Locations/Times

  Arlington (3pm-6pm)
    COVA: Founders Hall, 311
    Kaiser Permanente: Founders Hall, 313
    Student Health Services: Founders Hall, 317

  Fairfax (10am-2pm)
COVA: HUB Ballroom  
Kaiser Permanente: HUB Ballroom  
Student Health Services: HUB Ballroom  

Prince William (10am-1pm)  
COVA: Occoquan, 110H  
Kaiser Permanente: Occoquan, 110E  
Student Health Services, Occoquan 110L  

Please note: Flu shots will also be available during the annual COVA Flu Shot Clinic at Faculty/Staff Enrichment Day, November 5 from 9:00am – 1:00pm in Johnson Center, Gold Room. Appointments can be made by calling the SUPERVALU Pharmacy Call Center at 877-728-6655.

**Kaiser Permanente/Inova Update**

Human Resources and Payroll staff have received calls about Kaiser Permanente and Inova ending their contract for non-emergency matters, wanting to know where to go for non-emergency and scheduled services. The list is now available at [http://hr.gmu.edu/benefits/docs/EmployerInovaKPContractdoc.pdf](http://hr.gmu.edu/benefits/docs/EmployerInovaKPContractdoc.pdf). However, please remember that in emergency situations, Kaiser Permanente members can go to the closest medical facility for services, and it does NOT have to be affiliated with Kaiser Permanente.

**Member Benefit Profiles Available at VRS**

Annual Member Benefit Profiles (MBP) for faculty and staff who are enrolled in the Virginia Retirement System (VRS) are now available by logging into your account at [www.varetire.org](http://www.varetire.org). MBPs provide information about your retirement and other benefits you have as a member of VRS. Questions? Please email benefits@gmu.edu or call 703-993-2600 and ask for a member of the Benefits team.