

2012 Seasonal Flu Shot Clinics



Have Health Coverage Through Mason? Free Seasonal Flu Shots are Part of Your Wellness Benefit.

For faculty and staff who are enrolled in COVA Care, COVA HDHP, and Kaiser Permanente, seasonal flu shots are part of your wellness benefit. There are different ways to obtain a flu shot depending upon your coverage.

What are my flu shot options? I have...

COVA CARE and COVA HDHP	<ul style="list-style-type: none"> On-Site Winter Wellness Clinic Thursday, October 18 On-Site Faculty-Staff Enrichment Day Clinic, Tuesday, October 23 Participating pharmacies Doctor's office under routine wellness benefit 	Free
COVA Connect	<ul style="list-style-type: none"> Participating pharmacies Doctor's office under routine wellness benefit 	Free
Kaiser Permanente	<ul style="list-style-type: none"> On-Site Winter Wellness Clinic, Thursday, October 18 Doctor's office and participating medical centers See the Kaiser colds and flu site for more information. 	Free
No insurance through Mason	<ul style="list-style-type: none"> On-Site Winter Wellness Clinic, Thursday, October 18 through Student Health Services Additional Student Health Services Flu Shot Clinics (details on page three) 	\$20

On-Site Clinics

A flu shot clinic will be set up at the Arlington, Fairfax, and Prince William campuses for **Kaiser Permanente** and **COVA Care / COVA HDHP** participants. Flu shots for COVA Care/COVA HDHP will be administered by SUPERVALU Pharmacies, the same provider as past years. Appointments are encouraged but drop-ins are welcome on a space available basis. For Kaiser Permanent participants, no appointments are required, but pre-registration is strongly encouraged.

Please note, flu shots cannot be administered to children under the age of 18 at these on-site clinics.

A. On-site clinic schedule

Arlington

Winter Wellness Day
Thursday, October 18 3:00-6:00pm Founders Hall
Room 313: Student Health Services
Room 318: Kaiser Permanente
Room 320: COVA (SUPERVALU Pharmacy)

Fairfax

Winter Wellness Day
Thursday, October 18 10:00am – 3:00pm JC, Dewberry Hall
Student Health Services
Kaiser Permanente
COVA (SUPERVALU Pharmacy)

Tuesday, October 23 9:00am – 2:00pm JC, Gold Room
COVA (SUPERVALU Pharmacy) **ONLY**

Prince William

Winter Wellness Day
Thursday, October 18 10:00am – 1:00pm Bull Run Hall Lobby
Student Health Services
Kaiser Permanente
COVA (SUPERVALU Pharmacy)

B. How to make an appointment:

COVA/COVA HDHP

If you have COVA Care/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). When you call, you will either get a representative or hear a message, “thank you for calling SUPERVALU pharmacy customer care. The next available representative will assist 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 15 minute blocks. This means that you will receive an appointment time with a group of up to 20 others. (e.g. From 9:00-9:15 am, up to 20 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.

Kaiser Permanente:

Kaiser Permanente participants are now eligible to receive a flu shot at the Kaiser on-site clinics! Kaiser participants do not need to make appointments, but are **encouraged to pre-register**. This will ensure enough flu vaccines are ordered and available on the day of the clinic. You can pre-register on line at [Kaiser Pre-Registration](#). **Please note there will be no Kaiser Clinic on October 23, 2012.**

C. What to bring with you to the clinic

COVA Care/COVA HDHP:

Please bring your **COVA Care or COVA HDHP card**, a completed [consent form](#) 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.

Kaiser Permanente:

Please bring your **photo ID and Kaiser Permanente card**.

Please plan to spend 10-15 minutes at the clinic after your shot to ensure that there is no adverse reaction.

D. Student Health Center Clinic Schedule

In addition to Winter Wellness Day on Thursday, October 18th, Student Health Services is also offering flu shot clinics on

Tuesday, October 30
11:00 am - 2:00 pm
Johnson Center
Room 116

Thursday, November 1
2:00-5:00pm
Johnson Center
Room 116

\$15 Students
\$20 Faculty/Staff

Cash or check only please.

More details at <http://shs.gmu.edu/services/flushot.php>

For more information on your wellness benefits through COVA Care, COVA HDHP, and Kaiser Permanente, please visit Human Resources & Payroll's Wellness by Mason site at <http://hr.gmu.edu/wellnessbymason> and scroll to "Preventive Screenings."

If you have any questions, please call the Work/Life Team at 3-2604.

9/28/12