

2013 Seasonal Flu Shot Clinics



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

**COVA Care, COVA HealthAware, or COVA HDHP?
Last Chance for an on-site biometric screening is October 15, 2013**

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. There are different ways to obtain a flu shot depending upon your coverage.

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

COVA CARE, COVA HealthAware and COVA HDHP	<ul style="list-style-type: none"> • On-Site Winter Wellness Clinic Tuesday, October 15, 2013 • On-Site Faculty-Staff Enrichment Day Clinic, Tuesday, November 5 • Participating pharmacies • Doctor's office under routine wellness benefit 	Free
Kaiser Permanente	<ul style="list-style-type: none"> • On-Site Winter Wellness Clinic, Tuesday, October 15, 2013 • 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, Tuesday, October 15, 2013 through Student Health Services • For additional Student Health Services Flu Shot Clinics, please see the Student Health Services website. 	\$20

On-Site Flu Shot Clinics

A flu shot clinic will be set up at the Arlington, Fairfax, and Prince William campuses for **Kaiser Permanente** and **COVA Care/COVA HealthAware/COVA HDHP** participants. Flu shots for COVA Care/COVA HealthAware/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 Permanente 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

Tuesday, October 15

3:00-6:00pm

Founders Hall

Room 311: COVA (SUPERVALU Pharmacy)

Room 313: Kaiser Permanente

Room 317: Student Health Services

Fairfax

Winter Wellness Day

Tuesday, October 15

10:00am – 2:00pm

The HUB (SUB II), Ballroom

COVA (SUPERVALU Pharmacy)

Kaiser Permanente

Student Health Services

Faculty-Staff Enrichment Day

Tuesday, November 5

9:00am – 1:00pm

JC, Gold Room

COVA (SUPERVALU Pharmacy) **ONLY**

Prince William

Winter Wellness Day

Tuesday, October 15

10:00am – 1:00pm

Occoquan Building

Room 110A: COVA (SUPERVALU Pharmacy)

Room 110H: Kaiser Permanente

Room 110L: Student Health Services

B. How to make an appointment:

COVA/COVA HDHP/COVA HealthAware

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). When you call, you will either get a representative or hear a message, “thank you for calling 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 with 5 minutes between each block. This means that you will receive an appointment time with a group of up to 15 others. (e.g. From 9:00-9:15 am, 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.

Kaiser Permanente:

Kaiser Permanente participants can receive a flu shot at the Kaiser on-site clinic. Kaiser participants 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. You can pre-register on line at [Kaiser Pre-Registration](#). **Please note there will be no Kaiser Clinic on November 5, 2013.**

C. What to bring with you to the clinic

COVA Care/COVA HDHP:

Please bring your **COVA Care or COVA HDHP card** and a completed [consent form](#). Consent forms will be available at the clinic but it will greatly expedite the process if you have already completed a form.

[Consent Form](#)

[Vaccine Information Statement](#)

[Consent Form \(Spanish\)](#)

[Vaccine Information Statement \(Spanish\)](#)

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.

2. I have COVA Care, COVA HealthAware, or COVA HDHP and want to get a biometric screening on campus to be eligible for premium rewards. What are my choices?

Last on Campus Opportunity	Tuesday, October 15, 2013, 9:00 a.m -3:00 p.m.
Arlington	Founders Hall, Room 313
Fairfax	HUB Rooms 3, 4, 5 (SUB II)
Prince William	Occoquan Building, Room 110E

Please Note:

- The biometric screening process is entirely voluntary and the results are confidential. Mason only receives participation information (i.e. that you completed the screening) so that the appropriate reduction can be made to participating faculty/staff health insurance premiums.
- Biometric screenings must be completed by October 31, 2013 to be eligible for the premium discount from January 1 – June 30, 2014. Depending upon your circumstances, other conditions may apply.
- Please visit the Benefit Team’s [myActiveHealth](#) page for details, including how to make an appointment for the on-campus screening.
- Questions? Please call 703.993.2600 and ask to speak to a member of the Benefits Team.

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