

Winter Wellness Days

2017 Seasonal Flu Shot Clinic Information

PLEASE NOTE:

There will be **no appointments** for this year's clinics. They are drop-in only. Please keep in mind clinics are usually busiest during the first hour and please plan accordingly.

If you are faculty/staff with health coverage through Mason, FREE seasonal flu shots are part of your wellness benefit.



1. Where can I get a flu shot on campus¹?

FAIRFAX CAMPUS			
Options	Date/Time/Location	Providers	Cost
Winter Wellness Clinic Fairfax Campus – In collaboration with Environmental Health & Safety and the Fairfax Department of Health	Thursday, October 12, 2017 9am – 2pm Johnson Center, Dewberry Hall	COVA CARE (Anthem) COVA HealthAware (Aetna) COVA HDHP (Anthem) Kaiser Permanente Student Health Services ²	Free Free \$25 for faculty/staff (Visa, MasterCard, check, or Mason Money accepted)
Faculty-Staff Enrichment Day Flu Shot Clinic	Thursday, October 26, 2017 9am – noon Johnson Center, 3 rd Floor (George's)	COVA CARE (Anthem) COVA HealthAware (Aetna) COVA HDHP (Anthem)	Free

Please note: Kaiser Permanente will not be offering on-site clinics at the Science and Technology and Arlington campuses or on Faculty-Staff Enrichment Day; please see off-campus options at #3 on page 2 for more information.

SCIENCE AND TECHNOLOGY CAMPUS			
Options	Date/Time/Location	Providers	Cost
Winter Wellness Clinic SciTech Campus	Tuesday, October 17, 2017 11am-1pm Colgan 110E/ Verizon Lobby	COVA CARE (Anthem) COVA HealthAware (Aetna) COVA HDHP (Anthem)	Free

ARLINGTON CAMPUS			
Options	Date/Time/Location	Providers	Cost
Winter Wellness Clinic Arlington Campus	Thursday, October 19, 2017 3-6pm Founders Hall 210	COVA CARE (Anthem) COVA HealthAware (Aetna) COVA HDHP (Anthem)	Free

¹ Please note: flu shots cannot be administered to children under the age of 18 at these on-site clinics.

² For additional Student Health Services Flu Shot Clinics, please see the Student Health Services website at <http://shs.gmu.edu>.

2. What should I bring with me to the clinic?

- **COVA Care/COVA HDHP:**
 - COVA Care, COVA HDHP, or COVA HealthAware Insurance Card
 - Completed [Consent Form](#)
Consent forms will also be available at the clinic, but it will greatly expedite the process if you have already completed a form.
- **Kaiser Permanente:**
 - Photo ID
 - Kaiser Permanente card

3. What about off-campus options?

COVA CARE (Anthem) COVA HealthAware (Aetna) and COVA HDHP (Anthem)	<ul style="list-style-type: none">• The Department of Human Resource Management (DHRM) has posted participating pharmacies on their DHRM Flu Site.• Doctor's office under routine wellness benefit
Kaiser Permanente	<ul style="list-style-type: none">• Walk-In flu shots (at no cost to members) are available during normal business hours at all Kaiser Medical Centers and 24/7 at Kaiser Medical Center Hubs.• Medical Center Hubs are located at Tyson's, Capitol Hill, Gaithersburg South, Baltimore, and Largo.• See the http://www.kp.org/flu for more information on staying well.

4. Anything else I need to know?

- For [Kaiser Permanente](#) participants who want to get their flu shot at Mason, the *October 12th Winter Wellness Clinic at Fairfax will be the only on-campus clinic* available. Like the rest of the clinics, this is drop-in only. You may stop by any time during the clinic's hours to receive your flu shot.
- For information on the vaccine, please visit <https://www.cdc.gov/flu/about/ga/flushot.htm> (Spanish)
- Please plan to spend 10-15 minutes at the clinic after your shot to ensure that there is no adverse reaction.
- If you have any questions regarding flu shot clinics, please call the Life/Work Connections Team at 3-2600.
- Please wear short sleeves.