

2011 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. For more information about this year's flu shot, please visit [details on the flu vaccine](#). There are up to 3 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 HR/Payroll Clinic (see page 2 below for information on scheduling an appointment) Participating pharmacies Doctor's office under routine wellness benefit 	Free
Kaiser Permanente	<ul style="list-style-type: none"> On-Site HR/Payroll Clinic (Pre-registration is strongly encouraged) 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"> Student Health Services for a fee. Dates and times are available at http://shs.gmu.edu/ 	\$20

Please note: Student Health Services (SHS) provides flu shots first for students and for faculty and staff during their flu shot clinic hours (<http://shs.gmu.edu/>). To ensure vaccine for all, faculty and staff are requested to utilize SHS flu shot clinics only if they do not have a covered flu shot option elsewhere.

On-Site Clinic Details

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 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

Thursday, November 3 3:00-5:30pm Founders Hall, Multipurpose Room (COVA and Kaiser)

Fairfax

Wednesday, October 26 9am-4pm JC, Gold Room (**COVA only**)

Friday, October 28 11am-2pm University Hall, 3300 (COVA)
University Hall, 5300 (Kaiser)

Prince William

Friday, October 21 11am-1pm Occoquan, 110A (COVA)
Occoquan, 110L (Kaiser)

B. How to make an appointment:

COVA Care/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-midnight or Saturday, 11:00am-8:00pm (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 20 minute blocks. This means that you will receive an appointment time with a group of up to 15 others. (e.g. From 9:00-9:20am, 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 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-reregister**. 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 26, 2011.**

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.

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.