



BE A FLU FIGHTER!

2015 Seasonal Flu Shot Clinic Information

**Are you Faculty/Staff with Health Coverage through Mason?
Free Seasonal Flu Shots are Part of Your Wellness Benefit.**

Need Other Options?

See the Student Health Services Information in the Providers Section.

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

FAIRFAX CAMPUS			
Options	Date/Time/Location	Providers	Cost
Winter Wellness Clinic Fairfax Campus	Thursday, October 15, 2015 9:00am – 2:00pm Dewberry Hall	COVA CARE (Anthem)	Free
		COVA HealthAware (Aetna) COVA HDHP (Anthem)	
		Kaiser Permanente	Free
		Student Health Services ²	Credit Card or Mason Money \$20 (students) \$25 (faculty/staff)
Faculty-Staff Enrichment Day Flu Shot Clinic	Tuesday, November 10, 2015 9:00am – 12:00pm Johnson Center Gold Room	COVA CARE (Anthem)	Free
		COVA HealthAware (Aetna) COVA HDHP (Anthem)	
		Kaiser Permanente	Free

Please note: Kaiser Permanente will not be offering on-site clinics at the Arlington or Science and Technology campuses; please see off-campus options at #4 on the next page for more information.

ARLINGTON CAMPUS			
Options	Date/Time/Location	Providers	Cost
Winter Wellness Clinic Arlington Campus	Tuesday, October 13, 2015 2:00pm-4:00pm Founders Hall 317	COVA CARE (Anthem)	Free
		COVA HealthAware (Aetna) COVA HDHP (Anthem)	
	Founders Hall 318	Student Health Services	Cash or check only ³ \$20 (students) \$25 (faculty/staff)

SCIENCE AND TECHNOLOGY CAMPUS			
Options	Date/Time/Location	Providers	Cost
Winter Wellness Clinic Science & Tech Campus	Wednesday, October 14, 2015 12:30pm-3:30pm Occoquan 110A	COVA CARE (Anthem)	Free
		COVA HealthAware (Aetna) COVA HDHP (Anthem)	
	Occoquan 110L	Student Health Services	Credit Card or Mason Money \$20 (students) \$25 (faculty/staff)

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>.

³ Updated on 9/15/15.

2. How to make an appointment:

- **COVA/COVA HDHP/COVA HealthAware:**

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.

If you have COVA Care/COVA HealthAware/COVA HDHP, 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).

- 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 may 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-served basis so you may not receive your first preference for appointment time.
- Depending on the amount of registrants, there should be multiple technicians on hand to administer the shots.

- **Kaiser Permanente:**

Kaiser Permanente participants can receive a flu shot at either of the Fairfax clinics. Kaiser participants do not need to make an appointment, but are encouraged to pre-reregister. By pre-registering you are not signing up for a specific time, but ensuring that enough flu vaccines are ordered and available on the day of the clinic. You may stop by any time during the clinic's hours to receive your flu shot.

You can pre-register on-line at Kaiser Pre-Registration.

3. 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 (in Spanish). Consent forms will be available at the clinic but it will greatly expedite the process if you have already completed a form.

Vaccine Information Statement (*will be added when available*)

- **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.

4. What about off-campus options?

COVA CARE (Anthem) COVA HealthAware (Aetna) and COVA HDHP (Anthem)	<ul style="list-style-type: none">● <u>Participating pharmacies</u> (from the Department of Human Resource Management)● Doctor's office under routine wellness benefit
Kaiser Permanente	<ul style="list-style-type: none">● From September 1 – November 30, 2015, walk-in flu shots (at no cost to members) will be 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 Kaiser <u>colds and flu</u> site for more information on staying well.

If you have any questions regarding flu shot clinics, please call the Life/Work Connections Team at 3-2600.