



Don't let the flu bring you down...



If you're over 65, you're at greater risk.

Getting a flu vaccine is an important step to protecting yourself. If you are 65 years or older, or have asthma, diabetes, or chronic lung disease, you are at a higher risk for developing complications from the flu, like *pneumococcal pneumonia*.



We're all in this together.

When you get a flu shot, you're not just protecting yourself, you're also protecting your family and friends.



Everybody needs a flu shot. Every year.

You cannot get the flu from the flu shot, but it does take 2 weeks for the flu vaccine to reach full protection. If you are 65 or older, you should also talk to your healthcare provider about the pneumococcal shot.



Wash your hands and cover your cough.

While a seasonal vaccine is the best way to protect yourself against the flu, it is also important to wash your hands often, use alcohol-based hand sanitizer, and sneeze into your sleeve instead of your hands.

Don't let the flu bring you down...

Get your *free flu shot!*

Get a free flu shot through your health plan or at a worksite clinic.

Kaiser Permanente Members	UnitedHealthcare (UHC) Members	Blue Shield of California Members
<p>Kaiser Permanente HMO and Kaiser Permanente Senior Advantage HMO Go to any Kaiser Permanente medical facility for a free shot.</p> <p>Visit kp.org/flu or call (800) 573-5811 for times and locations.</p>	<p>UHC Medicare Advantage PPO Flu shots are covered at no cost from an in-network physician. Additionally, flu shots are covered at no cost by any provider who accepts Medicare and is willing to bill UHC.</p> <p>City Plan PPO Flu shots are covered 100% from an in-network physician, or at one of the retail pharmacies and Convenience Care Clinics below. Show your medical ID card:</p> <p>Albertsons® (Albertsons Sav-on and Albertsons Osco) CVS® Harris Teeter® H-E-B® Kmart® The Kroger Co.® (d/b/a Smith's, Ralph's, Roundy's, Pick 'n Save, Cops Food Center, Metro Market, Mariano's, Fred Meyer, Fry's, QFC, Harris Teeter, King Soopers, City Market, Food 4 Less, Dillons, Baker's, Gerbes, Jay C Food Stores, Owen's, Pay Less, Scotts) Meijer® New Albertsons® (Acme Sav-on, Jewel-Osco, Star Market, Shaws Osco and Safeway) Publix® Rite Aid® Safeway® (Carrs, Pak'N Save, Pavilions, Randalls, Tom Thumb and Vons stores) Shopko® (Shopko Express and Shopko Hometown) United Supermarkets® (Albertsons Market, Amigos and Market Street) Walgreens® (Duane Reade, Jim Myers, Kerr Drug, May's Drug, Parkway Drug and Super D) Walmart® Stores Inc. and Sam's Club® MinuteClinic® The Little Clinic® RediClinic® Walgreens Healthcare Clinic®</p>	<p>Get a flu shot from a Primary Care Physician (PCP) at no co-pay cost. Contact your PCP to schedule.</p> <p>Your medical group may also offer reimbursement for flu shots received at a clinic or pharmacy.</p> <p>Call for details:</p> <p>Brown & Toland (800) 225-5637</p> <p>Hill Physicians (800) 445-5747</p> <p>Chinese Community Health Care Association (415) 834-2118</p> <p>John Muir Health (925) 952-2887</p>

SFHSS has partnered with the health plans to bring flu shot clinics to worksites across the City. Most clinics are open to employees, retirees, and spouses/domestic partners of retirees who receive their medical coverage through SFHSS. To find a clinic most convenient to you, go to sfhss.org/well-being.