



# Open Enrollment for Plan Year 2026 and Member Engagement Plans

**September 11, 2025**

**Presenter:**

Rin Coleridge, *SFHSS Chief Operating and Experience Officer*

Carrie Beshears, *Well-Being Manager*

# Agenda

1. What is Open Enrollment?
2. What's New for 2026
3. Flexible Spending Account Changes for 2026
4. Open Enrollment Timeline
5. Member Experience
6. Flu Prevention Campaign

# What is Open Enrollment?

- The Open Enrollment period is the time each year when all employees change their current benefits elections for the upcoming calendar year.
  - Enroll/Waive coverage
  - Change from one plan to another
  - Add/remove dependents from coverage
  - Enroll in Flexible Spending Accounts
- A member's current benefits elections (*except for health care and dependent care Flexible Spending Accounts*) will roll over to the 2026 plan year. **Members must re-enroll in Flexible Spending Accounts every year to participate.**
- The new benefit choices are effective January 1, 2026.

## How to Choose a Health Plan

All HSS Health Plans have comprehensive benefits, but how they support members through their health journey may vary. Each plan has different programs and resources for chronic condition management, preventative care, behavioral health support, telehealth, and afterhours support. Learn about their differences at their dedicated SFHSS microsite.

- Health Net CanopyCare HMO: <https://sfhss.healthnetcalifornia.com/>
- Blue Shield of California Trio/Access+ HMOs, PPO, Medicare Advantage PPO: <https://www.blueshieldca.com/group/sfhss/>
- Kaiser Permanente HMO and Senior Advantage HMO: <https://choose.kaiserpermanente.org/sfhss>
- SFHSS Well-Being resources for benefits navigation: <https://sfhss.org/using-your-benefits>

# What is New for Plan Year 2026?

To complete a side-by-side comparison of the plan options, select the Compare Plan checkbox for the plan options to be compared, then select the Compare button.

	Plan Name	My Before Tax Cost	My After Tax Cost	My Credit	Employer Cost	My Pay Period Cost	Compare Plan
Select	Health Net CanopyCare HMO			\$529.03	\$364.57	\$-529.03	<input checked="" type="checkbox"/>
Select	Blue Shield Trio HMO	\$64.26		\$529.03	\$434.83	\$-464.77	<input checked="" type="checkbox"/>
Select	Blue Shield Access+ HMO	\$149.19		\$529.03	\$434.83	\$-379.84	<input type="checkbox"/>
<input checked="" type="checkbox"/>	Kaiser Permanente HMO	\$12.69		\$529.03	\$434.83	\$-516.34	<input checked="" type="checkbox"/>
Select	Blue Shield PPO	\$251.50		\$529.03	\$434.83	\$-277.53	<input type="checkbox"/>
Select	Waive			\$529.03		\$-529.03	<input type="checkbox"/>

[Overview of All Plans](#) [Compare](#)

## Self-Service Plan Comparison Tool

Members who enroll online can easily learn and compare the plan differences for in-network and out-of-network costs across multiple services, for medical, dental and vision.

Benefits Plan Comparison				Done
Expand All Collapse All				
Kaiser Permanente HMO				Currently Selected
Individual	\$1,500	\$2,000	\$2,000	
Family	\$3,000	\$4,000	\$4,000	
General Care and Urgent Care				
Preventive Services				
In-network	\$0 copay	\$0 copay	\$0 copay	
Out-of-network	Not covered	Not covered	Not covered	
Doctor Office Visit (PCP/POC)				
In-network	\$20 copay	\$25 copay	\$25 copay	
Out-of-network	Not covered	Not covered	Not covered	
Specialist Office Visit				
In-network	\$20 copay	\$25 copay	\$30 copay	
Out-of-network	Not covered	Not covered	Not covered	
Urgent Care Visit				
In-network	\$20 copay	\$25 copay	\$25 copay	
Out-of-network	\$20 copay	\$25 copay	\$25 copay	
Emergency Room				
In-network	\$100 copay	\$100 copay	\$100 copay	
Out-of-network	\$100 copay	\$100 copay	\$100 copay	
Lab and X-ray				

# What is New for Plan Year 2026, Cont'd?

## Active Employees

- Email Pilot – DHR, CON, and RET members will receive an email from HSS to go online to review and make their elections instead of receiving an OE Letter.
- New York Life will be the City's vendor for Life, AD&D, and Disability Insurance, replacing The Hartford and Manhattan Life, effective January 1, 2026.
  - Increased Guaranteed Issue amount for Voluntary Supplemental Life Insurance—Employee Paid to \$200,000.
  - Voluntary Accidental Death and Dismemberment (AD&D) Insurance—Employee Paid, coverage up to \$500,000
  - Estate Guidance and Will Preparation are included for no cost as a value-added service for eligible employees

# What is New for Plan Year 2026, Cont'd?

## Retirees

- Blue Shield Medicare Advantage PPO plan will be expanding to the following US Territories: Puerto Rico, US Virgin Islands, Guam, American Samoa, and Northern Mariana Islands.
- Retirees will receive a streamlined mailer for Open Enrollment with their custom rates and legal notices.

## Everyone

- Expanded Phone and Lobby Hours starting September 2, 2025 – HSS' Phone and Lobby Hours will be 9:00 a.m. to 4:30 p.m. on Mondays, Tuesdays, Wednesdays, and Fridays, and 10:00 a.m. to 4:30 p.m. on Thursdays. Phones will be closed from 12:00 p.m. to 1:00 p.m.
- New Blue Shield of California HMO members will be able to add a Primary Care Physician on new enrollment.

## Flexible Spending Account Changes for 2026

Healthcare Flexible Spending Account	2025	2026
Minimum Contribution	\$250	\$250
Maximum Contribution	\$3,200	\$3,300
Rollover Minimum	\$10	\$10
Rollover Maximum	\$610	\$640

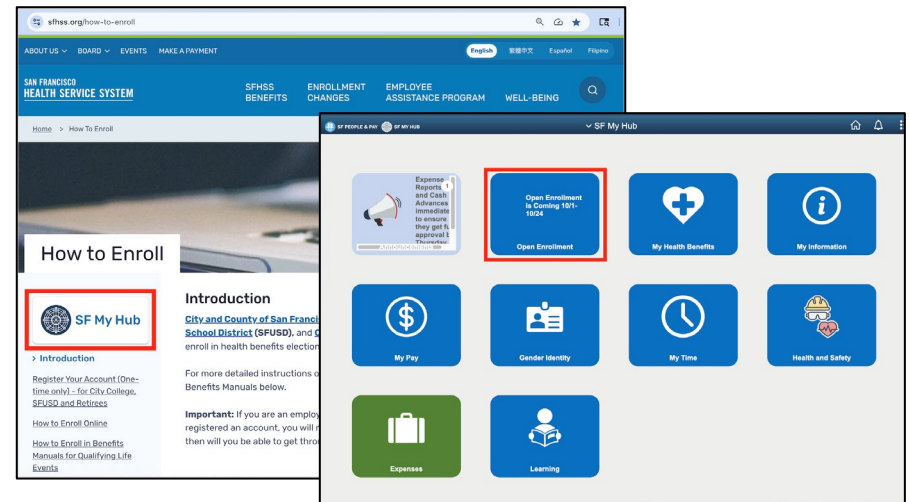
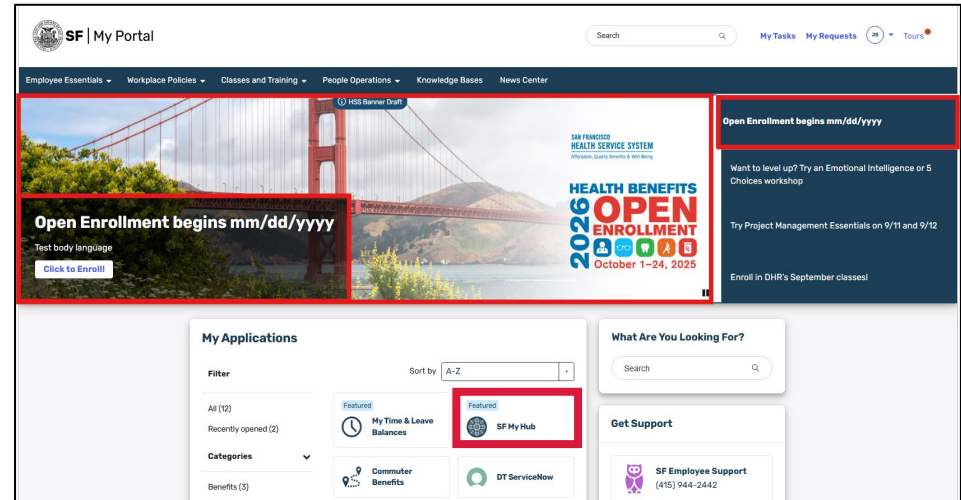
Dependent Care Flexible Spending Account	2025	2026
Minimum Contribution for all employees	\$250	\$250
Maximum Contribution for employees earning \$160K or less	\$5,000	\$7,500
Maximum Contribution for IRS designated Highly Compensated Employees (HCE) whose earnings exceed \$160K	\$5,000	\$3,000



# Open Enrollment Key Dates

## Open Enrollment for Plan Year 2026

- Wednesday October 1 through Friday October 24th
- ***My Health Benefits*** accessible through ***SF My Hub*** will accept elections:
  - 8:00 a.m. on Wednesday, October 1st, 2025
  - 5:00 p.m. on Friday, October 24th, 2025
- Paper applications must be postmarked by October 24th, 2025 to be accepted.



# Open Enrollment (OE) Timeline

## September

9/22: OE letters mailed

## October



10/1: Open Enrollment and [sfhss.org/oe2026](https://sfhss.org/oe2026) live at 8:00 a.m.

10/1: *My Health Benefits* OE system opens at 8:00 a.m.

10/24: Open Enrollment ends at 5:00 p.m.

10/24: *My Health Benefits* OE system closes 5:00 p.m.

10/24: All Mailed applications must be postmarked by 10/24

## December

Confirmation letters mailed to members

## January

1/1/2026: New coverage takes effect

# Open Enrollment Letters Mailed on September 22, 2025

**SAN FRANCISCO  
HEALTH SERVICE SYSTEM**

September xx, 2025

<<Name Display>> <<Dept.>>  
<<Address1>> <<Address2>>  
<<City>>, <<State>> <<Postal>>

**OPEN ENROLLMENT STATEMENT** Employee ID: <<EmplId>>

**HEALTH BENEFITS  
2026 OPEN  
ENROLLMENT**  
October 1–24, 2025

**SAN FRANCISCO  
HEALTH SERVICE SYSTEM**  
Affordable, Quality Benefits & Well-Being  
1145 Market Street, 3rd Floor  
San Francisco, CA 94103

Window Dimension  
W= 4.5" H= 1.5"  
Left= 0.75" Bottom= 2.25"

**OPEN NOW!** **YOUR PLAN YEAR 2026 BENEFITS INFORMATION ENCLOSED**

**HEALTH BENEFITS  
2026 OPEN  
ENROLLMENT**  
October 1–24, 2025

Prescribed First-Class Mail  
U.S. POSTAGE  
PAID  
KSH

Don't! Please read this letter carefully and review your current health benefit options, visit [sfhss.org/oe2026](https://sfhss.org/oe2026). You can also talk to a worksite flu clinic or join any of our Open Enrollment webinars to check your benefits and make your Open Enrollment selections.

**DO NOT AUTOMATICALLY RENEW FOR 2026.**

For the next year, you must enroll during Open Enrollment. Your basis for your Healthcare FSA account. The new carryover maximum contribution for Dependent Care FSA remains \$10,000. Healthcare FSA and/or Dependent Care FSA and would like to P&A Group at (800) 688-2611 or visit [padmin.com](https://padmin.com).

Dental Plan	Vision Plan
<<Dental_Plan>>	<<Vis_BuyUp_Plan>>
<<Dep_DenPlan1>>	<<DEP_VBUYUP_PLAN1>>
<<Dep_DenPlan2>>	<<DEP_VBUYUP_PLAN2>>
<<Dep_DenPlan3>>	<<DEP_VBUYUP_PLAN3>>
<<Dep_DenPlan4>>	<<DEP_VBUYUP_PLAN4>>
<<Dep_DenPlan5>>	<<DEP_VBUYUP_PLAN5>>
<<Dep_DenPlan6>>	<<DEP_VBUYUP_PLAN6>>
<<Dep_DenPlan7>>	<<DEP_VBUYUP_PLAN7>>
<<Dep_DenPlan8>>	<<DEP_VBUYUP_PLAN8>>
<<Dep_DenPlan9>>	<<DEP_VBUYUP_PLAN9>>
<<Dep_DenPlan10>>	<<DEP_VBUYUP_PLAN10>>

For more information, visit [sfhss.org](https://sfhss.org). Telephone hours are Monday, Tuesday, Wednesday, and Friday 9 a.m. to Noon and 1 p.m. to 5 p.m., and Thursday 10 a.m. to Noon and 1 p.m. to 5 p.m. Visit [sfhss.org/oe2026](https://sfhss.org/oe2026) for downloadable plan documents and Benefits Guides. **Open Enrollment ends October 24, 2025, at 5 p.m. PST.**

Please see reverse side for more information. CSF-RL

Effective January 1, 2026

BLUE SHIELD OF CALIFORNIA					
TRIO HMO		ACCESS+ HMO		PPO	
You Pay	Employer Pays	You Pay	Employer Pays	You Pay	Employer Pays
\$1.98	\$424.82	\$37.60	\$499.59	\$182.80	\$499.59
\$3.82	\$847.93	\$75.08	\$997.46	\$326.19	\$997.46
\$19.19	\$1,070.17	\$257.87	\$1,259.02	\$611.38	\$1,259.02

UNITEDHEALTHCARE DENTAL DHMO	
You Pay	Employer Pays
\$0.00	\$11.53
\$0.00	\$19.05
\$0.00	\$28.16

In the VSP Premier Plan requires that all dependents enrolled in the VSP Premier Plan.

**BENEFITS**

Group discount rates for group term-life, short-term health plan and identity theft protection services to help you in a fortunate situation should arise. You may enroll by contacting [sfhss.org](https://sfhss.org) (click on the Workterra tile). You can self-enroll, for more information, visit [sfhss.org/voluntary-benefits](https://sfhss.org/voluntary-benefits).

# Open Enrollment Confirmation Letters Mailed in December

**SAN FRANCISCO  
HEALTH SERVICE SYSTEM**

Affordable, Quality Benefits & Well-Being

1145 Market Street, 3rd Floor  
San Francisco, CA 94103

**2026 HEALTH BENEFITS  
CONFIRMATION**

December x, 2025

<<Name Display>>      <<Dept>>  
<<Address1>>    <<Address2>>  
<<City>>, <<State>>    <<Postal>>

**2026 Health Benefits Enrollment Confirmation Statement**      Employee ID: <<Emplid>>

If this statement is accurate, you do not need to take any action.

**SAN FRANCISCO  
HEALTH SERVICE SYSTEM**

Affordable, Quality Benefits & Well-Being

1145 Market Street, 3rd Floor  
San Francisco, CA 94103

**OPEN NOW TO CONFIRM YOUR 2026 BENEFITS**

**2026 HEALTH BENEFITS  
CONFIRMATION**

(SFHSS) health benefit elections for Plan Year 2026.  
at (628) 652-4700 by **Wednesday, December 31, 2025**,  
9 a.m. to 12 p.m. and 1 p.m. to 5 p.m., and Thursday  
9 a.m. to 12 p.m. and 1 p.m. to 5 p.m., and Thursday  
9 a.m. to 12 p.m. and 1 p.m. to 5 p.m., and Thursday

Open Enrollment deadline or simply changed your mind,  
your benefit elections.

Dental Plan	Vision Plan
<<Dental_Plan>>	<<Vis_BuyUp_Plan>>
<<Dep_Denplan1>>	<<DEP_VBUYUP_PLAN1>>
<<Dep_Denplan2>>	<<DEP_VBUYUP_PLAN2>>
<<Dep_Denplan3>>	<<DEP_VBUYUP_PLAN3>>
<<Dep_Denplan4>>	<<DEP_VBUYUP_PLAN4>>
<<Dep_Denplan5>>	<<DEP_VBUYUP_PLAN5>>
<<Dep_Denplan6>>	<<DEP_VBUYUP_PLAN6>>
<<Dep_Denplan7>>	<<DEP_VBUYUP_PLAN7>>
<<Dep_Denplan8>>	<<DEP_VBUYUP_PLAN8>>
<<Dep_Denplan9>>	<<DEP_VBUYUP_PLAN9>>
<<Dep_Denplan10>>	<<DEP_VBUYUP_PLAN10>>

Annual Healthcare FSA: <<HCFSA\_ANNUAL\_PLEDGE>>  
Annual Dependent Care Assistance FSA: <<DCFSA\_ANNUAL\_PLEDGE>>

Voluntary benefits are administered by Workterra. To check your voluntary benefit elections, contact Workterra directly at (888) 604-3771.

1145 Market Street, 3rd Floor, San Francisco, CA 94103 | Phone: (628) 652-4700 | Fax: (628) 652-4701 | [sfhss.org](https://sfhss.org)      CSF

ms

rg>>      <<EE\_MED\_CUR>>

ovrg>>      <<EE\_DEN\_CUR>>

ip\_Covrg>>      <<EE\_VBUYUP\_CUR>><sup>1</sup>

                 <<HCFSA\_BIWEEKLY>>

                 <<DCFSA\_BIWEEKLY>>

                 <<Total\_Ded>><sup>2</sup>

mium. There is no additional cost. <sup>1</sup>Deductions listed here do not

enrolled in:

Plan>>    <<VDT>>

check beginning in January 2026 with the exception of FSA  
k of the year.

so, 2025 expenses must be incurred by December 31, 2025  
by March 31, 2026. Check [padmin.com](https://padmin.com) for more details. Any  
it carryover for you to use in 2026. Visit [sfhss.org/flexible-](https://sfhss.org/flexible-)

Open Enrollment and all existing Blue Shield of California  
ers will receive a new identification cards in the mail prior to  
nd share the new ID card with your providers and pharmacy

Kaiser Permanente, Health Net CanopyCare, Blue Shield of  
P) auto-assigned. To choose a different PCP, please call the

2026, Blue Shield will transition to Amazon Pharmacy as  
ins on how to create a free account online to transition your

all-being/flu-prevention for more details.

ed by SFHSS at Any Time

SFHSS Rules require all members to notify SFHSS  
pendent eligibility may be audited by SFHSS at any time.

ot provide the required documentation demonstrating  
added dependent's coverage will be cancelled retroactive

**NOTE: The deadline to submit  
corrections will be December 31, 2025.**

# Comprehensive OE Resource Hub at [sfhss.org/oe2026](https://sfhss.org/oe2026)

Resource Hub includes vendor office hours, webinars, benefit fairs, and plan information.

**Open Enrollment for Plan Year 2026**

**> Benefits Fairs and Webinars**

[Office Hours with Health Plans](#)

[Medical Plan Links](#)

[Active Employees](#)

[Retirees](#)

[Enroll with eBenefits](#)

[How to Reset Your Password](#)

[Telephone or In-Person Office Support](#)

**MODERATION STATE** **CHANGE TO** **LOG MESSAGE**

Draft

**Open Enrollment for Plan Year 2026**

Welcome to Open Enrollment! At the San Francisco Health Service System, we believe the best benefits are the ones you actually use. If you haven't had your annual wellness exam, two (2) dental cleanings, eye exam, or other preventative care appointments, then now is the time to take a look at all of your available options.

Open Enrollment is your annual opportunity to change your health benefits and add or drop dependents. Elections made during Open Enrollment will take effect on January 1, 2026. Open Enrollment starts at 8:00 a.m. on October 1, 2025 and ends at 5:00 p.m. on Friday, October 24, 2025. **All paper applications must be postmarked by October 24, 2025 to be accepted.**

**Benefits Fairs and Webinars**

SFHSS will be hosting in-person benefits fairs and webinars in October. Learn about the different benefits available to you and get your questions answered by our health plan providers.

Click on the Calendar below for a complete list of dates.

October 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			OPEN ENROLLMENT			



# 2026 Health Benefits Guides\*



Court and MEA are consolidated into the City and County of San Francisco Guide.

**\*NOTE: Health Benefits Guides Will Not Be Printed for 2026**

## Member Experience – Weekly Emails

SFHSS will distribute weekly emails reminding members about upcoming webinars, health fairs, vendor office hours where they can get one-on-one help, and deadlines for OE.



### Open Enrollment is Coming Soon!

The best benefits are the ones you actually use. If you haven't yet scheduled your annual wellness exam, dental cleanings, eye exam, or other preventive care appointments this year, now is a great time to take advantage of them.

Take a moment to review all the benefits available to you. If your current plan isn't meeting your needs, consider whether another option might serve you better.

During the Open Enrollment, the San Francisco Health Service System (SFHSS) invites you to learn about your benefits and make changes for the 2026 Plan Year.

**Please mark up your calendars and set reminders that this year's Open Enrollment runs from Wednesday, October 1, 2025, to Friday, October 24, 2025, at 5:00 p.m. PST.**

You can update your Medical, Vision, and Dental plans, manage dependents, enroll or re-enroll in Flexible Spending Accounts, and sign up for Voluntary Benefits with Workterra. Look out for your Open Enrollment mailer arriving soon.

# Member Experience – Worksite Posters & Table Tents

## Table Tents and Posters Distributed through the Well-Being Champions Network

Posters and table tents will be available for all departments to put in break rooms to reach more members, especially those who do not have computer access through work or whose departments are not on the city-wide email distribution list for [sfgov.org](mailto:sfgov.org) email addresses.

Special posters and table tents will be provided to departments in the Email Pilot.





## Member Experience – Worksite Digital Display





**OPEN  
ENROLLMENT  
PERIOD:**

**Oct. 1<sup>st</sup> – 24<sup>th</sup>  
2025**





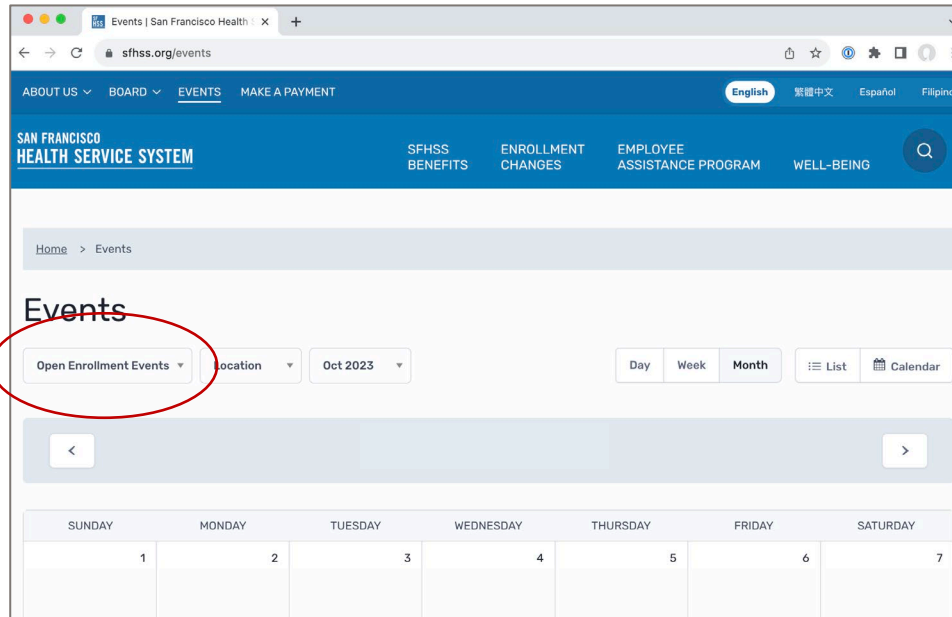
Scan the QR code to learn more about  
your 2026 benefits, premiums, plan  
information, benefits fairs, and  
webinars.

**DEADLINE TO  
SUBMIT OPEN  
ENROLLMENT  
CHANGES IS  
OCTOBER 24<sup>th</sup>  
at 5:00 P.M.**

SAN FRANCISCO  
HEALTH SERVICE SYSTEM

[sfhss.org/oe2026](https://sfhss.org/oe2026)

# OE Calendar Events



Click on "Open Enrollment Events".

[sfhss.org/oe/calendar](https://sfhss.org/oe/calendar)

will host all Open Enrollment of events:

- 18 Webinars
- 8 Benefit Fairs
  - 2 Open to all
  - 6 Closed for department employees only

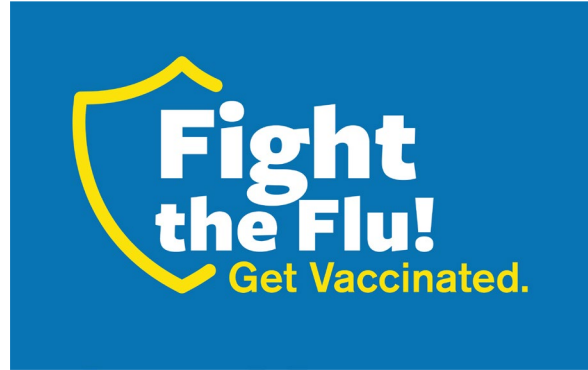
## Member Experience – 18 Webinars Scheduled

Date & Time	Topic
October 2 at 12 p.m. October 6 at 12 p.m. October 15 at 3 p.m. (SFUSD) October 16 at 12 p.m.	General Medical Plan Benefits Overview for Active Employees & Early Retirees
October 2 at 10 a.m. October 6 at 10 a.m. October 14 at 11 a.m. October 15 at 10 a.m. (RECCSF)	General Medical Plan Benefits Overview for Medicare Retirees
October 7 at 12 p.m. October 21 at 12 p.m.	Dental/Vision Active Employees CCSF, MEA & Courts
October 7 at 10 a.m. October 16 at 10 a.m.	Dental/Vision Retirees
October 14 at 12 p.m. October 23 at 12 p.m.	FSA for CCSF, MEA & Courts
October 8 at 5:30 p.m. October 21 at 1 p.m.	Voluntary Benefits for CCSF, MEA & Courts
October 9 at 1 p.m. October 20 at 12 p.m.	Deep Dive into the New York Life's Life, AD&D, & Disability Insurance

## Benefits Fairs

Date & Time	Location
October 1, 9 am – 3 pm	SF City Hall – Open to ALL SFHSS Members
October 8, 7:30 am – Noon	*PUC – Hetch Hetchy
October 8, Noon – 5 pm	*SFPD – Headquarters
October 9, 11 am – 1 pm	*SFO – Morning
October 9, 10 pm – 11:30 pm	*SFO – Evening
October 15, 9 am – 2 pm	*SF Public Works – Operations Yard
October 22, 9 am – 3 pm	SFHSS – Open to ALL SFHSS Members

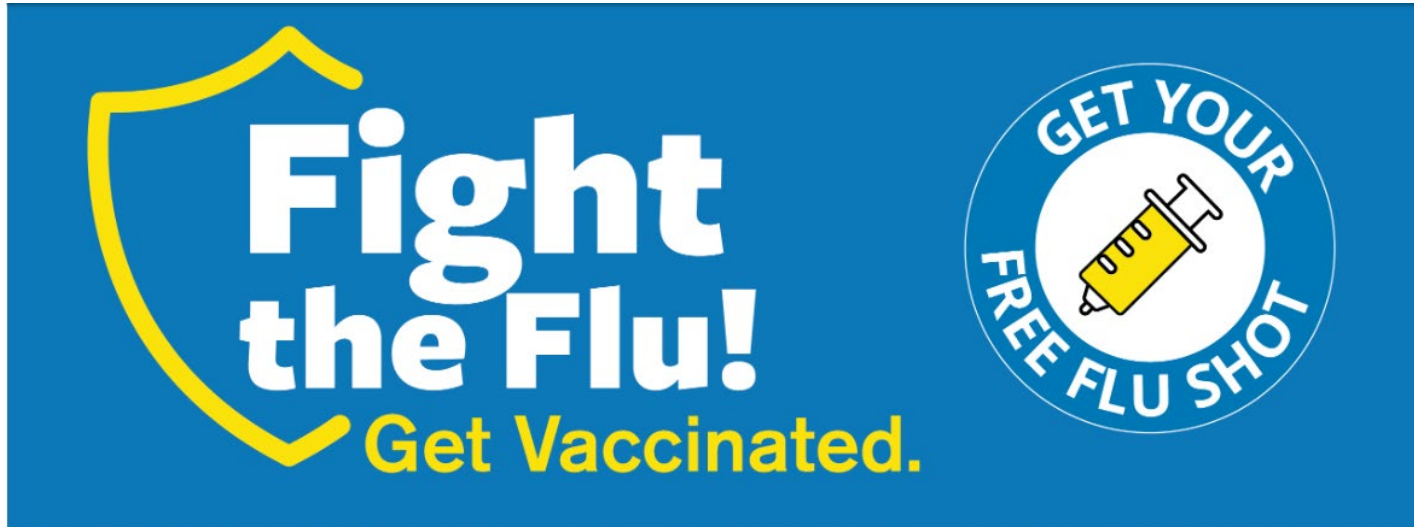
\*Closed event for only department employees.



# Flu Prevention Campaign



## Dedicated Flu Webpage: [sfhss.org/well-being/flu-prevention](https://sfhss.org/well-being/flu-prevention)



The flu virus can cause serious illness and is easily spread from person to person. As we approach flu season, it's more important than ever to take proactive steps to protect our health and the well-being of those around us. Get vaccinated and fight the flu. It's the best way to protect yourself, your family, and the community against flu.


### Get a free flu shot through your healthcare provider.

Blue Shield of California HMO Members	▼
Health Net CanopyCare HMO	▼
Kaiser Permanente HMO Members	▼

# Free Flu Shot Through Health Plans


Blue Shield of California	Kaiser Permanente	Health Net CanopyCare
<p>Get a flu shot from a Primary Care Physician (PCP) without a co-pay. The medical group may also offer reimbursement for flu shots from a clinic or pharmacy.</p> <ul style="list-style-type: none"> <li>• Brown &amp; Toland: <a href="tel:(800)225-5637">(800) 225-5637</a></li> <li>• Hill Physicians: <a href="tel:(800)445-5747">(800) 445-5747</a></li> <li>• Chinese Community Health Care Association: <a href="tel:(415)834-2118">(415) 834-2118</a></li> <li>• John Muir Health: <a href="tel:(925)952-2887">(925) 952-2887</a></li> </ul>	<p>Go to any Kaiser Permanente medical facility for a free shot.</p> <p>Visit <a href="https://kp.org/flu">kp.org/flu</a> or call <a href="tel:(800)573-5811">(800) 573-5811</a> for times and locations.</p>	<p>Get a flu shot from a Primary Care Physician(PCP) without a co-pay. The medical group may also offer reimbursement for flu shots from a clinic or pharmacy.</p> <ul style="list-style-type: none"> <li>• Dignity Health Medical Network-Santa Cruz <a href="tel:(831)465-7800">(831) 465-7800</a></li> <li>• Hill Physicians Medical Group <a href="tel:(800)445-5747">(800) 445-5747</a></li> <li>• John Muir Physician Network <a href="tel:(925)952-2887">(925) 952-2887</a></li> <li>• Santa Clara County IPA (SCCIPA) <a href="tel:(800)977-7332">(800) 977-7332</a></li> </ul>

# Flu Prevention Collateral




## Flu doesn't wait. Neither should you!

### Preventing the Spread of Flu



If you're 65 or older, you're at higher risk from the flu. Get your annual flu shot—you can't catch the flu from the vaccine, but it takes about two weeks to become fully effective. Conditions like asthma, diabetes, or lung disease can increase your risk of serious complications. Wear a mask for extra protection. Learn more at [sfhss.org/well-being/flu-prevention](https://sfhss.org/well-being/flu-prevention).




**Wash Your Hands for 20 Seconds.** Cover your nose and mouth with a tissue when coughing or sneezing to help to prevent the spread of germs. It is important to practice good health habits like washing your hands often. If soap and water are not available, use an alcohol based hand sanitizer.




**Disinfect and Stop the Spread.** Use appropriate products such as disinfecting spray, antibacterial wipes, or sanitizing products to clean and disinfect frequently touched surfaces or objects.

### Flu Symptoms


Flu season starts in October and peaks in February. Influenza (flu) is a contagious, airborne-transmitted respiratory virus that affects the nose, throat, and lungs. It can cause mild to severe illness such as pneumonia, and in rare cases it can be fatal. Symptoms may last two weeks and can include:




Coughing/  
Sneezing




Headache/  
Nausea




Vomiting/  
Diarrhea




Fever/  
Body Chills




Fatigue/  
Tiredness



Congestion/  
Runny Nose



Body  
Aches



Breathing  
Issues

Better Every Day. SAN FRANCISCO HEALTH SERVICE SYSTEM

[sfhss.org/well-being/flu-prevention](https://sfhss.org/well-being/flu-prevention)

### Get a FREE Flu Shot through your health care provider.

It is highly recommended that you contact your health plan provider to find nearest flu shot location.

### Blue Shield of California Members

Get a flu shot from a Primary Care Physician (PCP) without a co-pay. Contact your PCP to schedule. Your medical group may also offer reimbursement for flu shots received at a clinic or pharmacy.

<b>Brown &amp; Toland</b> (800) 225-5637	<b>Chinese Community Health Care Association</b> (415) 834-2118
<b>Hill Physicians</b> (800) 445-5747	<b>John Muir Health</b> (925) 952-2887

### Health Net CanopyCare Members

Get a flu shot from your primary care physician without a co-pay. Contact your PCP to schedule. Your medical group may also offer reimbursement for flu shots received at a clinic or pharmacy.

<b>Dignity Health Medical Network</b> Santa Cruz (831) 465-7800	<b>Santa Clara County IPA (SCCIPA)</b> (800) 977-7332
<b>Hill Physicians Medical Group</b> (800) 445-5747	
<b>John Muir Physician Network</b> (925) 952-2887	

### Kaiser Permanente Members

**Kaiser Permanente HMO and Kaiser Permanente Senior Advantage HMO**

Visit [kp.org/flu](https://kp.org/flu) or call (800) 573-5811 for times and locations to get your free flu shot.

Better Every Day. SAN FRANCISCO HEALTH SERVICE SYSTEM

[sfhss.org/well-being/flu-prevention](https://sfhss.org/well-being/flu-prevention)



## It's a Wrap!



Don't forget to...



... this October!