



# Protect yourself and those around you — get your seasonal flu shot.

The flu affects millions of people each year and can cause severe illness, and at times can lead to death. The flu is caused by influenza viruses that infect the lungs, throat and nose. According to the Centers for Disease Control and Prevention (CDC), one of the best ways to prevent the flu is by getting vaccinated each year.<sup>1</sup>

Flu germs can spread through the air — when a sick person coughs sneezes or speaks — or by touching a surface with the virus and then touching your nose, mouth or eyes.

## Where to get your flu shot

Annual flu shots are covered under most medical plans when you use a contracted network flu shot provider. You have several options of where to go to get this year's flu vaccine.

- ▶ Visit your network doctor or other health care professional.
- ▶ Visit one of the select retail pharmacies contracted to provide flu shots to UnitedHealthcare members.
- ▶ Visit a network Convenience Care Clinic.

To find a network doctor or health care professional, visit [myuhc.com](https://myuhc.com)<sup>®</sup> or call the member phone number listed on your health plan ID card.

*See other side for a list of national pharmacy chains and Convenience Care Clinics that are contracted to provide flu shots to UnitedHealthcare members.*



**Show your health plan ID card before getting your flu shot.**

Most UnitedHealthcare plans cover annual flu shots at 100% when you use a contracted network provider.

Ask your employer or check your plan documents for your plan's specific coverage details.



## Short on time? Get your flu shot from one of these contracted network providers.

### Retail Pharmacies

Pharmacists associated with these retail pharmacies can administer flu shots. No appointments are necessary.

▶ **Albertsons® Pharmacy**

Including Albertsons Sav-on and Albertsons Osco.

[www.albertsons.com/pharmacy/](http://www.albertsons.com/pharmacy/)

[www.albertsonssavonpharmacies.com](http://www.albertsonssavonpharmacies.com)

▶ **CVS® Pharmacy**

Including Long's Drug and CarePlus Pharmacy.

[www.cvs.com/flu](http://www.cvs.com/flu)

▶ **Kmart® Pharmacy**

[www.kmart.com/pharmacy](http://www.kmart.com/pharmacy)

▶ **Meijer® Pharmacy**

[www.meijer.com/pharmacy](http://www.meijer.com/pharmacy)

▶ **New Albertsons Pharmacies**

Including Acme Sav-on, Jewel-Osco,

Star Markets, Shaws Osco, and Safeway.

[www.acmemarkets.com/pharmacy/](http://www.acmemarkets.com/pharmacy/)

[www.jewelosco.com/pharmacy/](http://www.jewelosco.com/pharmacy/)

▶ **Rite-Aid® Pharmacy**

[www.riteaid.com/pharmacy/services](http://www.riteaid.com/pharmacy/services)

▶ **Safeway® Stores**

Including Carrs, Pak'N Save, Pavilions, Randalls, Tom Thumb and Vons stores.

[www.safeway.com/ShopStores/Pharmacy](http://www.safeway.com/ShopStores/Pharmacy)

▶ **ShopKo®**

Including ShopKo Express and ShopKo Hometown.

[www.shopko-pharmacy.com](http://www.shopko-pharmacy.com)

▶ **Target® Pharmacy**

[www.target.com/pharmacy](http://www.target.com/pharmacy)

▶ **United Supermarkets® Pharmacy**

Including Albertsons Market, Amigos, and Market Street.

<http://www.unitedsupermarkets.com/pharmacy>

▶ **Walgreens® Pharmacy**

Including Duane Reade, Jim Myers, Kerr Drug, May's Drug, Parkway Drug and Super D.

[www.walgreens.com/flu](http://www.walgreens.com/flu)

▶ **Walmart® Stores Inc. and Sam's Club**

<http://www.walmart.com/cp/1228302>

### Convenience Care Clinics

Convenience Care Clinics are typically located in retail stores and don't require appointments.

▶ **The Little Clinic®**

[www.thelittleclinic.com](http://www.thelittleclinic.com)

▶ **MinuteClinic®, CVS® Pharmacy**

[www.minuteclinic.com/services/vaccination/](http://www.minuteclinic.com/services/vaccination/)

▶ **RediClinic**

[www.rediclinic.com/riteaid](http://www.rediclinic.com/riteaid)

▶ **Take Care Clinic<sup>SM</sup>, Walgreens Pharmacy**

[www.walgreens.com/topic/pharmacy/healthcare-clinic.jsp](http://www.walgreens.com/topic/pharmacy/healthcare-clinic.jsp)

▶ **Target® Clinic**

[www.target.com/pharmacy/clinic-home](http://www.target.com/pharmacy/clinic-home)

There may be some instances where a particular location offered by one of the above flu shot providers is not participating in the national UnitedHealthcare network. Age restrictions or limitations may also apply. Check with your provider for specific age or flu shot requirements.



**Show your health plan  
ID card to confirm  
clinic or pharmacy  
participation.**



<sup>1</sup> Sources: <http://www.cdc.gov/flu/>

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Your specific health plan may not provide 100% coverage of flu shots. If not, a routine office visit co-pay, co-insurance and/or deductible may apply. Visit [myuhc.com](http://myuhc.com) for your specific coverage. For information from the Centers for Disease Control and Prevention (CDC) about the 2015-2016 influenza season, including information about the season's vaccines, vaccination recommendations and disease activity, <http://www.cdc.gov/flu/about/season/upcoming.htm>. UnitedHealthcare is not affiliated with this website.