

# Getting flu shots just got easier for you and your family.



## Choose the location and provider that's most convenient for you.

We want to help you protect yourself and your family during flu season. That's why we make getting flu shots easy and convenient.

As a UnitedHealthcare member, you can choose from a variety of national pharmacy chains and retail Convenience Care Clinics to get your 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.

## You pick where to get your flu shot.

Annual flu shots are covered under most medical plans when you use a network provider. To get this year's flu vaccine, you can choose to visit:

- 1** Your network doctor or other health care professional.
- 2** One of the retail pharmacies ***listed on the back.***
- 3** Any of the Convenience Care Clinics ***listed on the back.***



To find a network doctor or health care professional, visit your member website or call the member phone number listed on your health plan ID card.



### 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.



### See other side for a list of national pharmacy chains and Convenience Care Clinics that

are contracted to provide flu shots to UnitedHealthcare members.

## Save time and money. Get your flu shot from any 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)
- **H-E-B**  
[www.heb.com/pharmacy/services/immunizations](http://www.heb.com/pharmacy/services/immunizations)
- **Harris Teeter**  
[www.harristeeter.com/in\\_our\\_stores/departments/pharmacy/flu\\_shots/details](http://www.harristeeter.com/in_our_stores/departments/pharmacy/flu_shots/details)
- **Kmart® Pharmacy**  
[www.kmart.com/pharmacy](http://www.kmart.com/pharmacy)
- **The Kroger Co.**  
(d/b/a Fred Meyer, Smith's Food & Drug Center, Ralphs Grocery, Dillons, Tom Thumb, Kwik Shop, Frys, King Soopers, Jay C, QFC, Bakers, City Market, Owens, Payless, Gerbes, Roundy's, Coops, Mariano's, Metro Market, Pick 'N Save  
[www.kroger.com/topic/pharmacy/#/vaccinations-made-easy](http://www.kroger.com/topic/pharmacy/#/vaccinations-made-easy)
- **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)
- **Publix**  
[www.publix.com/pharmacy-wellness/pharmacy/preventive-care/vaccinations](http://www.publix.com/pharmacy-wellness/pharmacy/preventive-care/vaccinations)
- **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)
- **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.

- **MinuteClinic®:**  
[www.minuteclinic.com/services/vaccination/](http://www.minuteclinic.com/services/vaccination/)
- **The Little Clinic®:**  
[www.minuteclinic.com/services/vaccination/](http://www.minuteclinic.com/services/vaccination/)
- **RediClinic:**  
[www.rediclinic.com/riteaid](http://www.rediclinic.com/riteaid)
- **Walgreens Healthcare Clinic® (f/k/a Take Care Health):**  
[www.walgreens.com/topic/pharmacy/healthcare-clinic.jsp](http://www.walgreens.com/topic/pharmacy/healthcare-clinic.jsp)

There may be some instances where a particular location offered by one of the flu shot providers listed above is not participating in the 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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