



Spread the word, not the flu!

Even healthy people can get the flu, and it can be serious. Everyone six months of age and older, with rare exceptions, should get a vaccination. Encourage your employees to talk to their primary care physician if they have any questions.

A new season brings new strains

There are many flu viruses, and they are always changing. Each year a new vaccine protects against three or four viruses that are most likely to cause sickness. Even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

You can't get the flu from a flu shot

The viruses in flu shots are either dead or don't contain virus particles. Antibodies develop about two weeks after vaccination, so you're protected quickly.

Where can your employees go for a no-cost flu vaccine?

1. Their physician's office

Primary care physicians will administer the flu vaccine at no cost.

2. Participating pharmacies

Local retail pharmacies can administer the flu vaccine at no cost.

Visit [GeisingerHealthPlan.com/providersearch](https://www.geisingerhealthplan.com/providersearch) to find local participating pharmacies.

- The vaccine must be administered by a pharmacist, who bills us through the online pharmacy claims system.
- Not all pharmacies offer flu vaccines.

3. On-site flu clinics

To make getting a vaccination convenient and easy, we're able to offer on-site flu vaccination clinics to many groups in our service area. If your group is interested in holding a flu vaccination clinic at your workplace, email the health and wellness department at gwp_wellness_staff@thehealthplan.com for more information regarding requirements and availability.

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Note: there are state regulations (such as age) regarding who can receive a vaccine from a pharmacist.

Third-party administrators: Many other retail and pharmacy locations offer the flu vaccine, administered by a third party. Members are responsible for the costs of the service if received from a third party.

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