



BEYOND WELLNESS TO  
**TRUE  
POTENTIAL**

35 East Wacker Drive  
2018 Flu Vaccination Guide



# FIGHT THE FLU!

GET YOUR ANNUAL  
FLU SHOT AT

35 East Wacker Drive



Location

Date

Time

35 East Wacker Dr.  
Chicago, IL

October 11, 2018

11:30 AM –  
1:30 PM

## HOW DO I PAY?

- For members on the PPO plan, your flu shot will be billed to your insurance plan. You must bring a photo copy of your health insurance card to the event.
- If you are not on the PPO plan, you can still receive a quadrivalent flu shot for \$34. Payment by cash, check, or credit card will be accepted at the time of service.
- CHC Wellbeing does not accept HMO plans, Medicare, Medicaid, or Tricare. Payment by cash, check, or credit card will be accepted at the time of service.

## WHERE CAN I SIGN UP?

- Complete the consent form online at [noflu.chcw.com](http://noflu.chcw.com) using the code **188335267**.

**ALSO AVAILABLE:** Pneumonia shots are available for \$130, paid for at time of service (cash or check payable to CHC Wellbeing.) Receipts will be provided to submit for reimbursement from your health plan.

Please contact CHC Wellbeing at 866-373-4242 or by email at [fluteam@chcw.com](mailto:fluteam@chcw.com) if you have any questions. Must be 10 years or older to participate.

# FLU FAQ

## EVERYTHING YOU NEED TO KNOW BEFORE GETTING A FLU SHOT



### Why Get Vaccinated?

The bottom line is that the flu vaccination is the best defense against the flu. A recent study shows that a flu vaccination is associated with a 71% reduction in flu-related hospitalization for adults of all ages. The vaccine's protection lasts for several months. Protecting yourself also protects those around you who are more vulnerable to flu illness, such as older adults, those with chronic conditions and children.

### What Viruses Does this Year's Vaccine Protect Against?

Flu vaccines protect against the four virus strains that research suggests will be most common. The 2018-2019 vaccine addresses:

• For H1N1, an A/Michigan/45/2015-like virus	• For B Victoria, a B/Colorado/06/2017-like virus
• For H3N2, an A/Singapore/INFIMH-16-0019/2016-like virus	• For B Yamagata, a B/Phuket/3073/2013-like virus

### Can I Get the Flu from the Vaccine?

The flu shot contains inactivated flu virus that cannot cause illness.

### How Old Do I Need to Be for a Flu Shot?

10 years or older.

### Are There Symptoms Related to Getting a Flu Shot?

Influenza symptoms may include mild, short-term soreness, swelling at the injection location, fever (low-grade), body aches, fatigue, itching, and nausea.

### What are the Risks Associated with Getting a Flu Shot?

Signs of serious allergic reaction may occur among those with severe allergies to eggs.

### What Should I Do if There is a Serious Reaction?

Call 9-1-1 and get to the nearest hospital. Even for a minor reaction, call your doctor.

### Talk to your health care provider about the vaccine if you have:

• History of severe reaction to a flu vaccine	• Moderate-to-severe illness, including fever
• Severe allergy to chicken eggs	• History of Guillain-Barre Syndrome (GBS)
• If pregnant, consult with your obstetrician prior to receiving a flu shot	

### How Should I Prepare?

Wearing short sleeves or loose clothing can help for easy access to the injection site on the upper part of the arm.

For more information and the Vaccination Information Sheet, please visit the CDC website at [www.cdc.gov/flu](http://www.cdc.gov/flu).