



# BALANCED YOU

## Protect yourself, your family, and your co-workers: Get a Flu Shot

King County wants employees to be healthy so you can feel good, get the most out of life, and do your best work for the community we serve.

The Centers for Disease Control and Prevention (CDC) recommend that everyone six months and older get a yearly flu vaccine.

If you missed the opportunity to get a flu shot at work, here are some tips for getting your flu shot through your health plan.

### Kaiser Permanente Members:

- Flu vaccine is a covered preventive service; no prescription is needed.
- No charge for members.
- Flu vaccinations are available at all [Kaiser Permanente medical offices](#). Make an appointment or walk-in between 8:30 and 5:00 M-F (Note: some offices are closed at lunch).
- Pharmacies that contract with Kaiser Permanente may offer flu vaccinations at no charge to members; ask at the pharmacy if you will need to pay.
- If you get a vaccination at a non-Kaiser Permanente facility and need to pay for it, submit a [claim for reimbursement](#).
- You can get a vaccine at a walk-in CareClinic inside several [Bartell Drugs](#) locations.

### KingCare<sup>SM</sup> & KingCare Select Members: (Regence BlueShield & CVS Caremark)

- Flu vaccine is a covered preventive service; no prescription is needed.
- At pharmacies, use your CVS card. Most pharmacies will bill CVS directly.
- Remember that the back of your CVS card has a member service phone number, as well as a special number the pharmacy can call, if you need help.
- Please note: If a pharmacy tells you that your CVS benefit does not cover a specific type of flu vaccine, it may be covered by Regence when given in a health care provider's office that is part of the Regence network.
- At the doctor's office or clinic, use your Regence card.
- If you need help finding an in-network provider or understanding your coverage, visit the member portal at [Regence.com](#) or call 1-800-376-7926.

If you have questions about which vaccine is best for you, talk to your doctor, pharmacist, or other health care professional.

Do you have questions about this benefit? Contact the Benefits office at 206-684-1556 or [KC.Benefits@kingcounty.gov](mailto:KC.Benefits@kingcounty.gov)

