



VEBA Members Can Receive **FREE FLU SHOTS**



The flu season can start as early as October and last until May. The best way to protect yourself and your loved ones is to get a flu shot. As a VEBA member, you and your eligible dependents have several options to get a free flu shot.

UHC Members

UHC members can receive free* flu shots at these participating retail clinics**:

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|-------------|-----------------|
| Rite Aid | Walgreens |
| Walmart | Safeway |
| Food 4 Less | Albertsons |
| Vons | Meijer Pharmacy |

* Present your UHC ID card at participating retail clinics to make sure you are not charged for your flu shot.

** For a full list of participating retail clinics or to find a location near you, visit uhc.com/flu.

Your Doctor's Office

(All VEBA Members)

When visiting an in-network provider, you can receive a flu shot at no cost to you. Contact your doctor's office to schedule an appointment or learn more.

Kaiser Members

Flu shots are available at no charge to Kaiser members when given at a Kaiser Permanente medical facility. Check KP.org/flu for flu shot locations, dates, and times.

Express Scripts (ESI) Members

(UHC & UMR Members)

If you are an ESI member, you can receive free flu shots conveniently administered at your participating retail pharmacy through your prescription plan. Simply visit any network pharmacy and present your member ID. Participating pharmacies include:

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| Rite Aid | Safeway |
| Walmart | Albertsons |
| Costco | Many independent pharmacies |
| CVS | |
| Walgreens | |

For locations near you, visit express-scripts.com, click on "Prescriptions," then "Find a Pharmacy."