Flu season is here, and it’s more important than ever for you to take care of your health. By getting a single flu shot you can protect yourself against both the seasonal flu and the H1N1 virus. So take a positive step to help reduce your chances of catching this season’s flu, and get a flu shot.

Flu shots are available for UnitedHealthcare members

There are several ways you can obtain this year's vaccine:
- Visit your physician
- Visit a network Convenience Care Clinic or one of the select retail pharmacies.
- Participate in your employer sponsored flu shot clinic, if offered.

Individual flu shot providers

Members may go to any Convenience Care Walk-in clinic or select retail pharmacy with their health plan ID card to obtain a flu shot on a walk-in basis.

Convenience Care Clinics

Convenience Care Clinics are typically located in retail stores. They provide a limited range of simple care services, including flu shots, subject to primary care physician office visit copayments. No appointments are necessary. All services/treatments are offered only to patients 18 months of age or older and may vary with each center.
- The Little Clinic®
  www.thelittleclinic.com
- MinuteClinic®, CVS® Pharmacy
  www.minuteclinic.com/services/vaccination/
- RediClinic®
  www.rediclinic.com/services/vaccinations.php
- Take Care ClinicSM, Walgreens Pharmacy
  www.takecarehealth.com/what-we-treat.aspx
- Target® Clinic
  www.target.com/flu

To locate a network provider, visit myuhc.com® or call the member phone number listed on your health plan ID card.

Retail pharmacies

Pharmacists associated with retail pharmacies can administer flu shots. No appointments are necessary.
- CVS® Pharmacy
  www.cvs.com/flu
- Rite-Aid® Pharmacy
  www.riteaid.com/pharmacy/immunization/
- Target® Pharmacy
  www.target.com/flu
- Walgreens® Pharmacy
  www.walgreens.com/flu

Please note that there may be some instances where a particular location offered by one of the above centers is not participating in the national UnitedHealthcare network.
Employer Sponsored - Worksite clinic providers

- **Mollen Immunology Clinics**
  - Minimum of 30 pre-registered people by contacting [www.flushotsusa.com](http://www.flushotsusa.com)

- **VaxAmerica**
  - No member paperwork
  - Many care sites
  - Requires minimum of 50 participants by contacting [www.vaxamerica.com/FluClinics.html](http://www.vaxamerica.com/FluClinics.html) or call (888) 444-8522 to schedule

- **Walgreens®**
  - Available for a minimum of 95 people by contacting MCSFLU@Walgreens.com

- **UnitedHealthcare Worksite Wellness**
  - Available to UnitedHealthcare members and non-members
  - Requires minimum of 50 participants and 60-day lead-time for scheduling
  - Integration capability with other Worksite Wellness programs, e.g., Know Your Numbers, onsite health coaching and health impact stations

For information from the Centers for Disease Control and Prevention (CDC) about the 2011-2012 influenza season, including information about the season’s vaccines, vaccination recommendations and disease activity, visit [http://www.cdc.gov/flu/about/season/](http://www.cdc.gov/flu/about/season/).

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