

Protect your health this fall and winter with a flu shot ^[1]

September 13, 2023 by [ES and UIS Communications](#) ^[2]

Employee Services has your back with plenty of options for getting your flu and COVID-19 shots in a timely fashion. Receiving these immunizations is the best action to take to protect you and your family from illness this year.

The CDC recommends flu vaccination for most people in September or October to maximize the vaccine's protective efficacy.

It takes around two weeks post-inoculation for antibodies to begin providing protection against illness, so it is important to receive your vaccine before periods of high transmission in your community. However, receiving your flu vaccine later in the season is still helpful in staying protected against serious illness and flu-related complications.

To maximize illness prevention, the CDC recommends coadministration of the flu and COVID-19 vaccines. ^[3] Many people are eligible to get a flu vaccine at the same time as a COVID-19 vaccine. However, you may want to call your provider to confirm it is safe for you to do so if you have certain conditions or are taking medication.

Vaccines are widely available at most doctors' offices, retail pharmacies and pharmacies co-located inside of grocery stores and/or Target stores. It is best to call ahead and confirm availability before you make the trip.

Flu shot resources for CU Health Plan enrollees

Vaccinations are available at no-cost under the CU Health Plan, as part of your preventative care coverage. The following resources are included to give you the best shot at staying healthy and protected this flu season.

Exclusive, Extended, High-Deductible/HSA-compatible, and Medicare plans

The COVID-19 vaccine will be treated the same as the flu shot under Anthem's preventative care benefit.

Both vaccines are considered a seasonal vaccine and will be covered from Aug. 1 to April 30 each year and are available to members at \$0 out-of-pocket cost, as long as you receive the vaccines at a participating pharmacy.

There are plenty of easily accessible locations that offer walk-in and appointment options for your convenience. These locations, such as participating CVS, Walgreens, King Soopers and Safeway pharmacies, will continue to offer flu shot immunizations throughout the year.

Vaccine availability and administration capabilities may vary by location, so it is best to call the pharmacy ahead with any questions.

The pharmacy network remains the same for both shots, so you can receive the vaccines at any of the 68,000 nationwide retail pharmacy locations, including **more than 850 locations in Colorado**. Visit the [CVS Caremark website](#) [4] to log in and find a network pharmacy to get your shot.

For additional questions, call the Anthem Dedicated Customer Service team at **1-800-735-6072**.

Kaiser

Kaiser enrollees began receiving either an email, direct mail, and/or text message notification about flu shots on Sept. 1. Below are the ways members can receive a flu vaccination:

- **Scheduled appointments (beginning Sep. 1):** Members can receive a flu shot at their next scheduled appointment at a Kaiser Permanente Medical Office.
- **Walk-in Flu Shots (Sept. 6 – Nov. 30):** No appointment necessary, 9 a.m.-5 p.m., Monday-Friday at most medical offices. Note: walk-in Flu shots are not available at Franklin or Behavioral Health locations.
- **Saturday walk-in flu shots (Sept. 9, Sept. 16, Sept. 23, Sept. 30, Oct. 7, and Oct. 14):** No appointment necessary, 9 a.m. to 5 p.m., at the following medical offices: Aurora Centrepont, Arapahoe, Fort Collins, Highlands Ranch, Lakewood, Loveland, Rock Creek, Premier, Pueblo North, Skyline, Westminster, and Wheat Ridge.
- **Drive-up flu shots (Sept. 23 and Sept. 30):** No appointment necessary, 9 a.m. to 5 p.m., at Arapahoe, Aurora Centrepont, and Lakewood medical offices for members aged 5 and older.

When provided by Kaiser Permanente, COVID-19 vaccines are covered under preventive benefits with applicable plan out-of-pocket costs, typically \$0. Out-of-network COVID-19 vaccines are not covered.

Helpful information for Kaiser enrollees:

- Flu vaccines will not be available at retail pharmacies this year. We encourage you to get a no-cost flu shot at a Kaiser Permanente location or through your contracted network provider's office while supplies last.
- Northern and Southern Colorado members may get a no-cost flu shot at Kaiser Permanente medical offices or from a contracted network provider's office visit while supplies last. Flu shots will not be reimbursed if received at a retail location.
- Beginning Dec. 1, members will need to make a short, 10-minute appointment to get a flu shot at a Kaiser Permanente medical office.
- Members can obtain more information by visiting [Kaiser's Flu Shot webpage](#) [5] or calling the 24/7 Flu Hotline anytime at **303-344-7600**.

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