Published on *University of Colorado* (https://www.cu.edu)

Stay ahead of the flu and COVID-19 this fall and winter with updated vaccines [1]

September 30, 2024 by ES and UIS Communications [2]

Employee Services has you covered with plenty of options for getting your flu and COVID-19 shots ahead of the fall and winter seasons. Receiving these immunizations is the best action to take to protect you and your family from severe illness.

The CDC recommends flu vaccination for most people in September or October to maximize the vaccine's protective efficacy. Also, the CDC recommends everyone ages 6 months and older receive an updated 2024-2025 COVID-19 vaccine to protect against serious outcomes of infection this fall and winter.

To maximize illness prevention, the CDC recommends coadministration of the flu and COVID-19 vaccines [3]. Most 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 or major retailers like Target. It is best to call ahead and confirm availability or schedule your visit 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 and flu shot are covered under Anthem's preventative care benefit.

Both vaccines are considered a seasonal vaccine and are available to members at $0 out-of-pocket cost if you receive the vaccines at a pharmacy, urgent care facility, retail health clinic or walk-in doctor's office covered by your plan.

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 [4] website 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

Flu vaccines will not be covered 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.

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.

Kaiser enrollees can receive flu and COVID-19 vaccinations at no-cost through the following:

- **Scheduled appointments (beginning Sep. 1):** Members can receive a flu shot at their next scheduled appointment at a Kaiser Permanente Medical Office. An appointment must be made to vaccinate children between six months and four years of age.
- **Walk-in flu shots and COVID-19 vaccines (Sept. 3 – Nov. 29):** No appointment necessary, 9 a.m.- 5 p.m., Monday-Friday at most medical offices.
- **Saturday walk-in flu shots and COVID-19 vaccines (Sept. 7, Sept. 14, Sept. 21, Sept. 28, Oct. 5 and Oct. 12):** No appointment necessary, 9 a.m. to 5 p.m., at the following medical offices: Aurora Centrepoint, Arapahoe, Fort Collins, Highlands Ranch, Lakewood, Loveland, Rock Creek, Premier, Pueblo North, Skyline, Westminster, and Wheat Ridge.

Helpful information for Kaiser enrollees:

- 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**.

benefits [6], CU Health Plans [7]
Display Title:
Stay ahead of the flu and COVID-19 this fall and winter with updated vaccines
Send email when Published:
No

Source URL:https://www.cu.edu/blog/work-life/stay-ahead-flu-and-covid-19-fall-and-winter-updated-vaccines

Links
[1] https://www.cu.edu/blog/work-life/stay-ahead-flu-and-covid-19-fall-and-winter-updated-vaccines
[2] https://www.cu.edu/blog/work-life/author/110439 [3]
https://www.cdc.gov/flu/prevent/coadministration.htm [4] https://www.caremark.com/
[5] https://healthy.kaiserpermanente.org/colorado/health-wellness/flu

[6] https://www.cu.edu/blog/work-life/tag/benefits [7] https://www.cu.edu/blog/work-life/tag/cu-health-plans