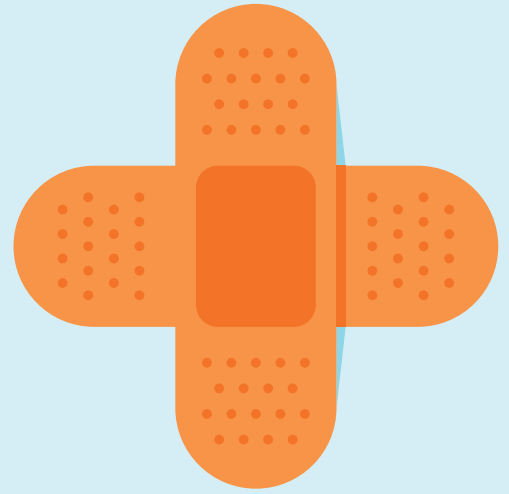


Make your health a priority

Get your flu shot and other routine vaccines



Flu shots

Every year millions of people get the flu. Most people who get the flu have a mild illness. But for some, it can lead to serious health problems. The flu is caused by influenza viruses that affect the lungs, throat and nose. It can be contagious. According to the Centers for Disease Control and Prevention (CDC), getting the yearly flu vaccine is the best way to protect yourself from the flu.¹ The CDC recommends a yearly **flu vaccine** for everyone 6 months of age and older.

Routine vaccines

Vaccines help protect you from serious infectious diseases throughout your life – from infancy to early adulthood and into old age. The list of routine vaccines on page 3 are recommended by the Advisory Committee on Immunization Practices (ACIP). This is a federal committee comprised of immunization experts that is convened by the CDC. Routine vaccines are covered on most plans and can help you and your family stay healthy.

Schedule your flu shot or vaccine today

You can schedule a flu shot or a routine vaccine at a network pharmacy. Go to [OptumRx.com](https://www.optumrx.com) and search for a retail pharmacy nearest you.

Many vaccines are available on a walk-in basis.

Show your member ID card before getting your flu shot or vaccine. Most plans cover routine vaccines at 100% when you use network pharmacies.



Retail pharmacies

This list shows the larger retail chain pharmacies in our network, but is not the full list. For a more complete list, you can log in to [OptumRx.com](https://www.optumrx.com) or call the number on your health plan or prescription ID card. Pharmacists give the vaccines at these locations.

- **Ahold USA** (Giant Food Stores, Giant of Maryland, Hannaford, Stop & Shop)
- **Albertsons** Acme, Carrs, Haggen, Market Street, Osco Drug, Pavilions, Safeway, Shaw's Supermarket, Randalls, Sav-On Drugs, Tom Thumb, United, Vons
- **CVS Pharmacy**
- **Four B Corporation** (Hen House, Price Chopper)
- **H-E-B Pharmacy**
- **Hy-Vee Pharmacy**
- **Kmart Pharmacy**
- **The Kroger Co.** (Baker's Pharmacy, City Market, Dillons, Fred Meyer, Fry's, Gerbes Pharmacy, Jay C Food Stores, King Soopers, Mariano's, Metro Market, Pay Less, Pick 'n Save, QFC, Ralphs, Smiths Food and Drug)
- **K-VA-T Food Stores, Inc.** (Food City)
- **Meijer Pharmacies**
- **Publix**
- **Rite Aid**
- **Thrifty White Pharmacy**
- **Tops Markets**
- **Walgreens Pharmacy** (Duane Reade, Walgreens)
- **Walmart Pharmacy**
- **Wegmans**

