



# Get your flu shot — the best way to help prevent the flu

Each of us can help protect all of us.  
Get a flu shot and show you care.



Take down the flu by getting your annual flu shot right away. Flu shots are:



## Covered at \$0 out-of-pocket

They're safely given at over 50,000 locations<sup>1</sup>—including network doctors, other health care professionals and the locations listed on the back.



## More important this year

They're the best way to prevent the flu, according to the Centers for Disease Control and Prevention (CDC).<sup>2</sup>



## Helping communities and health systems

They helped prevent nearly 91,000 flu-related hospitalizations in 2017–2018.<sup>3</sup>

## Choose where to get your flu shot

Most plans cover flu shots at 100% at the following retail pharmacies and network convenience care clinics. If you're in California, however, certain convenience care clinics may not be covered at 100%. Check your plan details or call the number on your health plan ID card to be sure you're covered at the clinic you choose.

**Retail pharmacies:** Pharmacists associated with these retail pharmacies can administer flu shots. No appointments are necessary.

**Albertsons®** Companies including Albertsons Osco, Albertsons Sav-on, Acme Sav-on, Jewel-Osco, Safeway, Shaws Osco and Star Markets

**Safeway®** including Carrs, Pavilions, Randalls, Tom Thumb and Vons

**United Supermarkets®** including Albertsons Market, Amigos and Market Street

**ACME:** [acmemarkets.com/pharmacy/pharmacy-services/immunizations](https://acmemarkets.com/pharmacy/pharmacy-services/immunizations)

**Albertsons:** [albertsons.com/pharmacy/pharmacy-services/immunizations](https://albertsons.com/pharmacy/pharmacy-services/immunizations)

**Carrs:** [carrsqc.com/pharmacy/pharmacy-services/immunizations](https://carrsqc.com/pharmacy/pharmacy-services/immunizations)

**Haggen:** [pharmacy.haggen.com/hgweb/#/home](https://pharmacy.haggen.com/hgweb/#/home)

**Jewel Osco:** [jewelosco.com/pharmacy/pharmacy-services/immunizations](https://jewelosco.com/pharmacy/pharmacy-services/immunizations)

**Pavilions:** [pavilions.com/pharmacy/pharmacy-services/immunizations](https://pavilions.com/pharmacy/pharmacy-services/immunizations)

**Randalls:** [randalls.com/pharmacy/pharmacy-services/immunizations](https://randalls.com/pharmacy/pharmacy-services/immunizations)

**Safeway:** [safeway.com/pharmacy/pharmacy-services/immunizations](https://safeway.com/pharmacy/pharmacy-services/immunizations)

**Shaws:** [shaws.com/pharmacy/pharmacy-services/immunizations](https://shaws.com/pharmacy/pharmacy-services/immunizations)

**Star Market:** [starmarket.com/pharmacy/pharmacy-services/immunizations](https://starmarket.com/pharmacy/pharmacy-services/immunizations)

**Tom Thumb:** [tomthumb.com/pharmacy/pharmacy-services/immunizations](https://tomthumb.com/pharmacy/pharmacy-services/immunizations)

**Vons:** [vons.com/pharmacy/pharmacy-services/immunizations](https://vons.com/pharmacy/pharmacy-services/immunizations)

**United:** [unitedsupermarkets.com/page/pharmacy#immunizations](https://unitedsupermarkets.com/page/pharmacy#immunizations)

**Costco Pharmacy**

[costco.com/pharmacy/adult-immunization-program](https://costco.com/pharmacy/adult-immunization-program)

**Harris Teeter®**

[harristeeter.com/pharmacy-services/#/app/cms](https://harristeeter.com/pharmacy-services/#/app/cms)

**H-E-B®**

[heb.com/pharmacy/services/immunizations.jsp](https://heb.com/pharmacy/services/immunizations.jsp)

**Hy-Vee®**

[hy-vee.com/health/pharmacy/flu-shots](https://hy-vee.com/health/pharmacy/flu-shots)

**Kmart®**

[pharmacy.kmart.com/newrx-immunization](https://pharmacy.kmart.com/newrx-immunization)

**The Kroger Co.** including Baker's, City Market, Copps, Dillons, Fred Meyer, Fry's, Gerbes, Jay C, King Soopers, Kwik Shop, Mariano's, Metro Market, Owen's, Payless, Pick 'n Save, QFC, Ralph's Grocery, Roundy's and Smith's Food & Drug Center

[kroger.com/d/flu](https://kroger.com/d/flu)

**Meijer®**

[meijer.com/services/pharmacy/pharmacy-services.html](https://meijer.com/services/pharmacy/pharmacy-services.html)

**Publix®**

[publix.com/pharmacy-wellness/pharmacy/pharmacy-services/vaccinations](https://publix.com/pharmacy-wellness/pharmacy/pharmacy-services/vaccinations)

**Rite Aid®**

[riteaid.com/pharmacy/services/vaccine-central](https://riteaid.com/pharmacy/services/vaccine-central)

**Walgreens®** including Duane Reade, Jim Meyers, Kerr Drug, May's Drug, Parkway Drug, Super D Drug, The Ryan Pharmacy and USA Drug

[walgreens.com/flu](https://walgreens.com/flu)

**Walmart Inc. and Sam's Club®**

[walmart.com/cp/1228302](https://walmart.com/cp/1228302)

**Network convenience care clinics:** Convenience care clinics are typically located in retail stores and don't require appointments.

**The Little Clinic®**

[thelittleclinic.com](https://thelittleclinic.com)

**MinuteClinic®**

[minuteclinic.com/services/vaccination](https://minuteclinic.com/services/vaccination)

**RediClinic®**

[rediclinic.com/riteaid](https://rediclinic.com/riteaid)

**Walmart Care Clinic®**

[walmart.com/careclinic](https://walmart.com/careclinic)

Find a nearby location

[uhc.com/flushot](https://uhc.com/flushot)

United  
Healthcare

<sup>1</sup> Certain preventive care items and services, including immunizations, are provided as specified by applicable law, including the Patient Protection and Affordable Care Act (ACA), with no cost-sharing to you. These services may be based on your age and other health factors. Other routine services may be covered under your plan, and some plans may require copayments, coinsurance or deductibles for these benefits. Always review your benefit plan documents to determine your specific coverage details.

<sup>2</sup> The Centers for Disease Control and Prevention, [www.cdc.gov/flu/prevent/flushot.htm](https://www.cdc.gov/flu/prevent/flushot.htm).

<sup>3</sup> The Centers for Disease Control and Prevention, [cdc.gov](https://cdc.gov), 2020.

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