



Flu vaccination solutions

Help your employees protect themselves from the flu

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. With the ongoing COVID-19 pandemic, getting a flu vaccine will be more important than ever.*

Employers can help their employees stay healthy while lowering health care costs by providing the following complimentary flu shot options.



On-site and outdoor flu shot events

The Optum on-site flu program makes it convenient for employees to get their flu vaccine while reducing time away from work. The on-site program is easy for employers to implement and can be combined with other Optum programs and services, such as biometric screenings, to support employees' health and well-being. A marketing toolkit is available to help employers build awareness of, and participation in, on-site programs. Quest Diagnostics™ can provide flu shots in 49 states. In Alaska, only flu vouchers are available.

Quest walk-up event: Held at a client-preferred location; set up like traditional on-site flu event, except in a tent outdoors

Quest drive-up event: Held at a client-preferred location; participant drives to event, gets out of car for administration under tent, then returns to car for observation



Flu shot vouchers

For employees working from home, Optum offers flu shot vouchers that can be redeemed at CVS™, Walgreens™ or Walmart™ participating retail locations. You can choose a starting date for your program and whether you'll offer shots to employees only or employees and their eligible dependents. There is no out-of-pocket cost to the participant, and the client is only charged for redeemed vouchers.



Flu shot events are available September through January to eligible adults 18 and older and may require a minimum number of participants to be available.



By providing a convenient way for employees to get their flu vaccine, you may see increased participation, decreased medical costs and fewer flu-related absences.

Source:

* Centers for Disease Control and Prevention. CDC says "take 3" actions to fight flu. [cdc.gov/flu/prevent/preventing.htm](https://www.cdc.gov/flu/prevent/preventing.htm). Updated December 2, 2020. Accessed June 1, 2021.



Walmart drive-thru flu shot events

Drive-thru events offer many of the benefits of hosting an on-site flu clinic but with the convenience of hosting it at a local Walmart in your community. Through a partnership with Quest Diagnostics and Walmart, employers can decide the dates, times and if the program is offered to employees only or employees and their dependents.

Frequently asked questions

What type of flu vaccine will be offered for the 2021–2022 season?

For the 2021–2022 seasonal vaccine, our partner, Quest Diagnostics, will be exclusively offering the quadrivalent flu vaccine.

How long does it take for the vaccine to fully take effect?

The vaccine takes about two weeks to stimulate a full immune response in the body.

Who is eligible to be vaccinated?

Eligible participants must be 18 years of age or older. Participants that fall into any of the following categories will not be vaccinated under our program:

- Pregnant or nursing women in the states of CA, DE, IL, MO, NY, and WA; individuals with a severe chicken, feather or egg allergy; individuals allergic to thimerosal; and individuals who have had a previous reaction to the flu vaccine
- People with an illness and/or fever at the time of immunization
- Other medical conditions as noted on the consent form

When should individuals get a flu vaccination?

The CDC recommends that individuals should begin getting vaccinated soon after the flu vaccine becomes available — by October, if possible — to ensure that as many people as possible are protected before flu season begins. However, it's not too late to get vaccinated throughout the flu season, even into January or later.

Are there any side effects to the flu vaccine?

For most people, there are no side effects to vaccination. Those receiving flu shots may experience redness and/or minor soreness and pain at the injection site. Occasionally, people may have a low-grade fever and muscle aches for one to two days after the injection, but these symptoms are usually mild. Rarely, people may experience a severe allergic reaction. If you experience an allergic reaction, please seek medical attention right away. Tell your doctor what happened, the date and time it happened, and when you got the flu shot.

To learn more about providing flu shots to your employees, please contact your Optum® Biometrics representative or email worksitewellness@optum.com.



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