

# Get the Shot



## Two ways to get your **FREE\*** flu shot

### > At your PCP/doctor's office

Call your PCP or visit their website to check on when it's best to get your flu shot. Our network medical groups are ready to help you.

**Hill Physicians** • 800.445.5747

**Mercy Medical Group** • 916.379.2888

**NorthBay Health** • 707.646.5500 or 707.646.5000

**Providence Medical Network** • 844.234.0951

**Woodland Clinic** • 530.668.2600

### > At any of our in-network\*\* pharmacies

Flu shots for anyone three (3) years of age and older, are available at **participating pharmacies** with a zero\*\*\* copay.

\*Coverage for WHA services depends on plan and eligibility at the time of service.

\*\*OptumRx manages pharmacy care services for WHA members. If you are unsure where to go, search for an in-network pharmacy near you.

\*\*\*Flu shots are covered at zero copay only at the pharmacy counter. Flu shots at pharmacy clinics (Minute Clinic, for example) are out of network and not covered by WHA.



**WELLNESS WITHIN REACH** >  
Visit [mywha.org/preventive](https://mywha.org/preventive) or  
call 888.563.2250 for assistance

During the fall and winter months, it's important to reduce the spread of respiratory illness, such as the flu. A flu shot helps you keep from getting sick and protects those you love, as well as those in your school, church and community. Don't delay—get yours today—because after you get a flu shot, it takes about two weeks to build up antibodies.

Generally, it's best to get your vaccine at the beginning of the flu season (around the end of October). This gives you the most benefit through its peak (around February) and to the end of May. For more information, the CDC publishes flu vaccine recommendations each year at their website, [www.cdc.gov](https://www.cdc.gov).