

It's that time of the year again...



Are *you* prepared for the 2011-2012 flu season?

The UFCW Local 1776 and Participating Employers Health and Welfare Fund (“the Fund”) is once again offering the Flu Immunization Program*, through which participants (and their dependents 18+ years old) who are eligible for medical coverage can get an influenza vaccination (“flu shot”) at a participating pharmacy**

AT NO COST TO YOU.

The Trustees of the Fund are interested in your well being and encourage you to take advantage of this opportunity as soon as possible to help you stay healthy and happy throughout the winter months!



* Please refer to the Question and Answer (Q&A) section enclosed with this communication for further information on the Flu Immunization Program.

** A list of participating pharmacies is included in the Q&A section.

QUESTION & ANSWER

1. What causes the Flu and what is the best way to prevent contracting it?

According to the U.S. Department of Health and Human Services, the “flu refers to illnesses caused by a number of different influenza viruses. Flu can cause a range of symptoms and effects, from mild to lethal.”¹ In fact, approximately five (5) to twenty (20) percent of the population contracts the seasonal flu, leading to more than 200,000 hospitalizations from related complications and anywhere from 3,000 to 49,000 related deaths each year.² Typically, symptoms of the seasonal flu include fever, coughing, sore throat, runny or stuffy nose, headaches, body aches, chills, and fatigue.¹ The most effective way to prevent contracting the seasonal flu is to obtain a flu vaccination (“flu shot”).²

2. What is the current flu situation?

The seasonal flu has annual outbreaks, peaking in late fall to early spring. The 2011-2012 flu vaccine includes protection against the three virus strains that surveillance indicates will be the most common during the upcoming season and includes the same virus strains used for the 2010-2011 influenza season.²

3. When should I get vaccinated for the 2009-2010 flu season?

As soon as possible! Although the flu season typically peaks from November through March, please be aware that flu trends can be unpredictable, and the vaccination takes approximately two weeks to be effective in your body’s system.

4. When is the Flu Immunization Program being offered?

The program is available now! The ending date for the Flu Immunization Program depends on the length of the flu season.

5. Where can I find a list of participating pharmacies?

A. For ACME/Sav-on participating pharmacies, you can either:

(1) Call 1-800-783-0458 (say “flu shots”, then enter your 5 digit zip code. You will be given the list of ACME/Sav-on participating pharmacies, relevant addresses, phone numbers, and pharmacy store hours in your area.); or

(2) Visit the website at <http://healthprograms.supervalu.com> (select “Health Program Locator”, enter your zip code, click “Go”).

B. For Super Fresh/Pathmark participating pharmacies, the following is a list of scheduled clinics and stores with walk-in service:

STORE	ADDRESS	CITY	STATE	date	time
477	800 WEST AVENUE	OCEAN CITY	NJ	10/5/2011	10am- 1pm
726	1851 S. CHRISTOPHER COLUMBUS BLVD.	PHILADELPHIA	PA	10/5/2011	10am-1pm
314	RTS. 202 & 73	CENTER SQUARE	PA	10/6/2011	1pm-5pm
233	2nd & GIRARD	PHILADELPHIA	PA	Walk- ins accepted	Anytime
246	2100 COUNTY LINE ROAD	HUNTINGDON VALLEY	PA	Appointments needed. Call	215-357-7701
468	MACARTHUR BLVD.	WESTMONT	NJ	Walk-ins accepted	Anytime

Additional Super Fresh/Pathmark clinics will be scheduled. For more information on future clinics, call the Fund Office at (610) 941-9400 or toll free at 1-800-458-8618, ext. 138.

C. Shop Rite pharmacies are participating in the Fund’s Flu Immunization Program. Please call the Fund Office at (610) 941-9400 or toll free at 1-800-458-8618, ext. 138, for more details on which pharmacies will be participating.

D. Rite Aid pharmacies are interested in participating in the Fund’s Flu Immunization Program. Please call the Fund Office at (610) 941-9400 or toll free at 1-800-458-8618, ext. 138, for more details.

E. Walton Campus Clinic: The Fund Office will be hosting a flu shot clinic on October 12, 2011 at 10:00 a.m. at 3031 B Walton Road, Plymouth Meeting, PA 19462. You MUST pre-register for the clinic by October 10, 2011. To pre-register, call the Fund Office at (610) 941-9400 or toll free at 1-800-458-8618, ext. 138, for more details.

6. Do I need to schedule an appointment at the Pharmacy, or can I just walk-in for the vaccination?

Whichever method works best for you. You can stop by any ACME/Sav-on or ShopRite participating pharmacy on a walk-in basis, or make an appointment ahead of time by contacting one of those pharmacies directly. For Super Fresh/Pathmark pharmacies, you must go to one of their pre-scheduled open clinics, unless otherwise noted above. For Rite Aid pharmacies, please call the Fund Office at (610) 941-9400 or toll free at 1-800-458-8618, ext. 138, to confirm which of these locations are participating. For the Walton Campus clinic, you MUST pre-register by October 10, 2011, by calling the Fund Office at (610) 941-9400 or toll free at 1-800-458-8618, ext. 138.

7. Do I need to pay anything out-of-pocket for the seasonal flu shot?

No. The Fund has made arrangements with the participating pharmacies, Independence Blue Cross, and FutureScripts for payment of the seasonal flu shot to be made directly to the pharmacies. Therefore, if you get the flu shot from one of the participating pharmacies, the shot will be covered 100%. At the time of service, simply present your FutureScripts Prescription Member ID card to the pharmacist. You will not have any co-payments and you will not be billed for any other related costs. This also applies to all family members over the age of 18, who are covered under your medical plan through the Fund.

1. “About the flu.” U.S. Department of Health and Human Services. 30 Sept. 2011. <<http://flu.gov/individualfamily/about/index.html>>.

2. “FDA approves vaccines for the 2011-2012 influenza season.” U.S. Department of Health and Human Services. 18 July 2011. <<http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm263319.htm>>.