



***Vermont State Employees' Wellness Program
2018 Flu Immunizations for Vermont State Employees & Retirees***

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1. Who is eligible?

- Active permanent and temporary VT state employees, State of VT retirees and employees of the VSEA, Arts Council, Historical Society and Sheriffs and State's Attorneys
- Contractors, agency employees, teachers, spouses and dependents are not eligible.

2. How do I schedule an appointment?

- You can register online at <https://www.passporthealthusa.com/LiveWellVermont>
- If you do not have computer access, you can register by phone at 1-888-226-1683 M-F: 8 AM - 9 PM, Sat: 9 AM - 9 PM & Sun: 9 AM - 6 PM.

3. What information do I need to register?

The required fields of information are as follows:

- Your relationship to the company (State of VT): Permanent Active, Retired (SOV), Temporary (SOV) or a member of a Special Group (VSEA, Arts Council, Historical Society, Sheriffs or State's Attorneys).
- Your Clinic Location, Date and Time.
- Your Name (First and Last)
- Your Date of Birth
- Your Address including City, State and Zip Code
- Your Employee ID # (Required for Active and SOV Temporary employees only)
- Your Email Address (Required for online registration)
- Your Phone Number
- Your Gender
- Under Services I'd like to receive, check Flu Shot. Check Preservative-Free Flu Shot if pregnant, breastfeeding or if you have an allergy or sensitivity to thimerosal, a mercury preservative used in multi-dose vials.
- Answer all Medical History Questions. Please note:
 - Question on first flu vaccine means "ever" not just "current year".
 - Questions re: anaphylactic reaction means a "severe allergic reaction".
 - Questions re: Guillain-Barre Syndrome, pronounced "Gee-Yon Bah-ray". Generally, if you have not heard of it, you most probably have not had it. It is an ascending muscle paralysis which can start in the legs and spread to the arms and upper body. It is usually sudden onset.
- Under Insurance Billing Questions, choose your primary insurance provider:
 - Medicare for retirees over age 65. We need your Medicare number in the next field.
*Many retirees will also have BCBSVT as their secondary insurance. We are looking for the primary insurance.
 - BCBSVT with SOV as your employer (generally Permanent Active or Retirees under the age of 65)
 - TRICARE/Martin's Point (Veteran's Insurance-may be Retiree, Active, Temporary or a member of a Special Group)
 - None/Other: No insurance or any other insurance coverage including BCBSVT but not with the State of VT as an employer. Please note, it could be BCBSVT under Health Connect or under spouse/partner/parent or another insurance carrier. If insured under anyone but Self; Name, Address and DOB are required fields.
 - If choose "Other", you can fill in field with "NA".
- Indicate who the insurance is through.
 - If you choose "spouse/domestic partner, child or other", additional fields asking for name, address and DOB will appear. These are optional fields.

4. Why do you need my Medicare number?

- Our vendor Passport Health, LLC., is a designated health provider and is approved to bill Medicare for flu vaccines. To bill Medicare accurately, we need your Medicare number.

5. What do I need to bring to my appointment?

- Medicare retirees should bring their Medicare card so we can verify the number.
- We do request employees bring their State ID card so we can verify eligibility.
- Please wear a short-sleeve shirt for easier access to your upper arm.
- You do not need to print out the consent form. We will be using an electronic consent system at these clinics.

6. Do I need to use leave or sick time to attend?

- Employees can attend on paid “state work time.” There will be no mileage reimbursement. Please coordinate with your supervisor/manager to attend.

7. Is there a cost to me for the shot?

- There are NO out-of-pocket expenses or co-pay for eligible participants. Medicare will be billed by our vendor for eligible retirees.

8. Will you accept walk-ins?

- Yes, if slots and vaccine are available. There are no guaranteed slots for walk-ins. **Scheduled appointments take priority and are preferred. We strongly recommend making an appointment in advance.**

9. How do I cancel my appointment date and/or time?

- If you registered online, your confirmation email has a link for you to cancel your appointment. You can also cancel through the phone registration number at 1-888-226-1683.

10. How do I reschedule my appointment date and/or time?

- To reschedule, you will first need to cancel your initial appointment. If you registered online, your confirmation email has a link for you to cancel your appointment. You can then reschedule either online or by phone. The system does not maintain any of your information. You can also cancel/reschedule through the phone registration number at 1-888-226-1683.

11. Is my information secure?

- All client information is protected under strict HIPAA privacy regulations and the website is SSL secured.

12. Does this vaccine have the mercury-based preservative called thimerosal?

- Yes. Multi-dose vials have a small amount of thimerosal to prevent contamination and growth of potentially harmful bacteria. We will have a limited supply of thimerosal preservative-free vaccine available upon request for anyone who is allergic, pregnant or breastfeeding.

13. What type of flu vaccine am I getting?

The quadrivalent vaccine will be administered at all LiveWell Vermont State Employees Wellness Program Clinics which protects against the following four kinds of flu viruses.

- an A/Michigan/45/2015 (H1N1)pdm09-like virus
- an A/Singapore/INFIMH-16-0019/2016 A(H3N2)-like virus
- a B/Colorado/06/2017-like (Victoria lineage) virus
- a B/Phuket/3073/2013-like (Yamagata lineage) virus

14. Who is administering the vaccines?

- VT Registered Nurses contracted by Passport Health, LLC, our vendor, will be administering all vaccines.

15. Where else can I get a shot for myself or my family?

- You and any family members under your plan can get flu shots at any pharmacy that accepts your State of Vermont Express Scripts insurance card (the State's pharmacy vendor). Be sure to bring your card with you! Check with the pharmacy first if you have children as they may need to be vaccinated at their doctor's office.

16. Does the CDC recommend one vaccine above another for people 65 and older?

- The CDC and its Advisory Committee have not expressed a preference for any flu vaccine indicated for people 65 and older. CDC recommends flu vaccination as the first and most important step in protecting against the flu.

17. If I am over age 65, should I be getting a high-dose flu shot?

- Human immune defenses become weaker with age, which places older people at greater risk of severe illness from influenza. Also, ageing decreases the body's ability to have a good immune response after getting influenza vaccine. A higher dose of antigen in the vaccine is supposed to give older people a better immune response, and therefore, better protection against flu.

Fluzone High-Dose vaccine contains four times the amount of antigen (the part of the vaccine that prompts the body to make antibody) contained in regular flu shots (trivalent). The additional antigen is intended to create a stronger immune response (more antibody) in the person getting the vaccine.

You can check with local pharmacies or your doctor's office as to availability. The most important thing is to get a shot so don't delay. Anything is better than nothing.

18. Where can I find more information?

- Contact LiveWell Vermont State Employees Wellness Program at DHR.LiveWellVermont@vermont.gov or call 802-828-7308 or visit <http://humanresources.vermont.gov/benefits-wellness/wellness/flu-program>
- Contact Vermont Department of Health Immunization Program at 802-951-1234 or 800-464-4343 or visit <http://healthvermont.gov/hc/imm/index.aspx> or www.flu.gov.