



***Vermont State Employees' Wellness Program
2019 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 www.kinneydrugs.com/livewellvermont
- If you do not have computer access, you can register by phone at:
1-855-Flu-Fite (358-3483) M-F: 8 AM – 4:30 PM

3. What information do I need to register?

The required fields of information are as follows:

- Clinic Location, Date and Time
- Name (First and Last)
- Phone Number
- Email Address (Required for online registration)
- Date of Birth
- Employee ID # (Required for Active and SOV Temporary employees only; Retirees should write "NA")
- Employment Status: Permanent Active, Retired (SOV), Temporary (SOV) or a member of a Special Group (VSEA, Arts Council, Historical Society, Sheriffs or State's Attorneys).
- **Primary Insurance**
 - BCBSVT with State of VT as your employer*, Medicare, Tricare/Martin's Point or Other
 - If you are covered by BCBSVT under Health Connect or with another company, you should write "Other".
 - Medicare for retirees over age 65*. We need your Medicare ID number in the "Cardholder ID # field."
*Many retirees will also have BCBSVT as their secondary insurance. We are looking for the primary insurance.
 - TRICARE/Martin's Point (Veteran's Insurance-may be Retiree, Active, Temporary or a member of a Special Group). We will need your ID # from the back of your card.
- Click "Complete Registration". Once you complete your appointment, you will get a confirmation email which gives you the option to review the Influenza Vaccine Information Sheet (VIS) as well as to **download and print out your consent form ahead**. Do that and bring it with you to save time. If you forget, no worries. We will have blank forms at the site. You can also change or cancel your appointment from this confirmation email.
- You can also add your appointment to your iCal, Outlook or Google calendar after you complete your registration or from your confirmation email. **Please note that all registration information will transfer over to your calendar appointment. This includes your Employee ID # (actives only), your DOB and any insurance information you provide. We strongly recommend that you delete any information from your calendar that you do not want to be visible.**

4. Why do you need my Medicare/Tricare number?

- Our vendor, Kinney Drugs, is a designated health provider and is approved to bill Medicare/Tricare for flu vaccines. To bill Medicare/Tricare accurately, we will need you to fill out a form and provide the appropriate information from your card for Kinney Drugs to bill for your shot.

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

- Medicare/Tricare retirees should bring their ID card to the clinic. We need information from your card in order to correctly bill for your shot.
- 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.
- If you can, print out the consent form and fill it out ahead. That will save you time on your appointment day. If you forget, no problem. We will have blank forms at every site. Please come a few minutes early to fill out your paperwork.

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/Tricare 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-Flu-Fite (358-3483).

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-Flu-Fite (358-3483).

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 High-dose Trivalent protects against the following three kinds of flu viruses. It is important to note that this vaccine contains 4 times the amount of antigen contained in regular flu shots.
 - A/Brisbane/02/2018 (H1N1)pdm09-like virus (updated)
 - A/Kansas/14/2017 (H3N2)-like virus (updated)
 - B/Colorado/06/2017-like (Victoria lineage) virus
- The Quadrivalent (four-component) vaccines, which protect against a second lineage of B viruses, contain the three recommended viruses above, plus B/Phuket/3073/2013-like (Yamagata lineage) virus.

14. Who is administering the vaccines?

- VT Registered Pharmacists or Pharmacy Interns who are employed by Kinney Drugs 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. 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 is three-component (trivalent) inactivated flu vaccine, manufactured by Sanofi Pasteur Inc. and is licensed specifically for people 65 years and older. 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 and therefore, better protection against flu.

If you still have questions as to whether you should receive the High-dose, you should contact your primary provider. If there is a supply issue, you can also 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.

17. 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.

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.