CALIFORNIA SCHOOLS VEBA

VEBA Members Can Receive

Free Flu Shots

The flu season can start as early as October and last until May. The best way to protect yourself and your loved ones is to get a flu shot. As a VEBA member, you and your eligible dependents have several options to get a free flu shot.

Your Doctor's Office (All VEBA Members)

When visiting an in-network provider, you can receive a flue shot at no cost to you. Contact your doctor's office to schedule an appointment or learn more.

Kaiser Members

Flu shots are available at no charge to Kaiser Members when given at a Kaiser Permanente medical facility. Check KP.org/flu for flu shot locations, dates and times.

UHC Members

UHC members can receive free* flu shots at these participating retail clinics**:

Rite Aid	Walmart	Food 4 Less
Vons	Walgreens	Safeway
Ralphs	Albertsons	Meijer Pharmacy

* Present your UHC ID card at participating retail clinics to make sure you are not charged for your flu shot.
** For a full list of participating retail clinics or to find a location near you, visit uhc.com/flu.

Express Scripts (ESI) Members (UHC & UHR Members)

If you are an ESI member, you can receive free flu shots conveniently administered at your participating retail pharmacy through your prescription plan. Simply visit any network pharmacy and present your member ID. Participating pharmacies include:

Rite Aid	Walmart	Costco
CVS	Walgreens	Safeway
Ralphs	Albertsons	Many independent pharmacies

For locations near you, visit express-scripts.com, click on "Prescriptions," then "Find a Pharmacy."

Cigna Members

Cigna members can receive free* flu shots at these participating retail pharmacies

Rite Aid	Walmart	Vons
CVS	Walgreens	Safeway
Ralphs	Albertsons	Meijer Pharmacy

* Present your Cigna ID card at participating clinics.

Need help or have more questions? Contact VEBA Advocacy at 888-276-0250 or advocacy@mcgregorinc.com