



Dear Employee, the steps you can take to minimize the risk of seasonal flu virus exposure to take influenza immunizations. There are a number of places to get a free and/or affordable flu shot:

1. Your Physician through your Health Insurance

Indirectly, through your health insurance policy, your health insurance is now required to pay for your flu shot without any co-payment due to **Affordable Care Act** coverage rules. If you are over age 65, **Medicare Part B** covers the cost of flu shots. And most state Medicaid agencies cover the cost of flu shots for **Medicaid participants** as well.

2. Your County Health Department

Many county health departments offer free flu shots to public. The only downside is the potential for long waiting lines. Check out your county or cities website for more information.

3. An affordable Flu Shot locations within your area:

There are a number of retailers offering fairly cheap flu shots for the 2018-2019 flu season. Most have online scheduling. Most are not offering their flu shot prices online, but luckily I have a phone and made a few calls. Here is the pricing that we found (insurance acceptance varies and usual co-pay applies):

- **Costco Flu Shots:** costs \$19.99 for quadrivalent*. Costco is the cheapest on this list if you don't have insurance. Flu shots at the Costco Pharmacy is one of the **services you can get from Costco without a membership**.
- **CVS Flu shots:** costs \$22 for quadrivalent* (varies by location, so call ahead). Get a \$5 off \$25 coupon.
- **Walgreen's Flu Shots:** costs \$39.99 for quadrivalent*.
- **Rite Aid Flu Shots:** costs \$40 for quadrivalent*.
- **Meijer Flu Shots:** costs \$35.99 for quadrivalent*.
- **Walmart Flu Shots:** costs \$34.99 for quadrivalent*.
- **Sam's Club Flu Shots:** costs \$30 for quadrivalent*. Flu shots at the Sam's Club Pharmacy is one of the **services you can get from Sam's Club without a membership**.
- **Kroger Flu Shots:** costs \$40 for quadrivalent*.
- **Target Flu Shots:** costs \$39.99 for quadrivalent*. Note that CVS now runs all Target pharmacies, so prices are the same, but you do get a \$5 Target gift card if you get a flu shot at a Target CVS pharmacy.

* Quadrivalent is designed to protect against four different flu viruses; two influenza A viruses and two influenza B viruses.

Notes: I additional check out the CDC's Flu.gov **flu shot vaccine locator website**, which will provide a map of locations by you that offer flu shots.