

fight the flu



free Flu Shot (seasonal)

Inactivated vaccine. Recommended annually to help prevent the newest strains of influenza.

Pneumonia Shot \$90

Helps protect long term, depending on risk, against 23 types of bacterial pneumonia, deadly blood infections, and meningitis.

free Flu Shots for State of AZ Employees!

Benefit Options Wellness is providing FREE flu shots for Benefit Options members & covered dependents over the age of 4. Benefits eligible employees who have not elected State coverage may also obtain a free flu shot.

WHAT YOU NEED:

- Employee Identification Number
- Benefit Options Insurance Card

For flu clinic schedules or information on the status of the 2014 flu shot program throughout the flu season, you may visit:

benefitoptions.az.gov/wellness or call
602-771-9355.

Healthwaves' public clinic schedule can be found at www.healthwaves.com

WHERE TO GET YOUR FLU SHOT:

- State Worksite Clinics
- Healthwaves Public Clinics

You should not receive either vaccine if you:

- Have ever had a serious allergic reaction to eggs or to either vaccine
- Have a fever, acute respiratory or other active infection or illness
- Have a history of Guillain-Barre Syndrome (a severe, paralytic illness)

No appointment necessary.

Make sure shirt/dress sleeves can be rolled up to the shoulder.

Wesley Bolin Plaza Outdoor Bowl in Plaza

October 8th
Wednesday
12:00PM-4:00PM

October 9th
Thursday
8:00AM-12:00PM

November 12th
Wednesday
8:00AM-12:00PM

November 13th
Thursday
12:00PM-4:00PM

Flu Clinics provided by:

Healthwaves 

www.healthwaves.com

2014