

trust fund office
local union 831
employer health trust fund
employer pension plan

November, 2010

**FLU SHOT NOTICE
FOR MEMBERS OF THE
LOCAL 831- EMPLOYER HEALTH FUND**

The seasonal flu is serious. It could put more than 200,000 people in the hospital and cause as many as 36,000 deaths in the U.S. this year.

Flu shots are an effective way to protect you and your family. This notice does not pertain to the H1N1 "Swine Flu" vaccine. Talk to your doctor about availability and the best way to get that vaccine.

The Best Place To Get Your Seasonal Flu Shot

The Health Fund has made special arrangements with several well-known pharmacy chains to offer eligible members free vaccinations. You don't have to see a doctor to get a shot(s), subject to availability, at any of the participating pharmacies at no cost to you.

Indemnity Plan Members/Dependents

The following pharmacy networks are contracted with the Health Fund to provide flu shots at no charge to eligible members and dependents. You are still able to go outside of this network to receive flu shots but you may have to pay some or all of the cost. The Health Fund recommends you check with the following pharmacies for vaccine availability, then go to your nearest location and show them your Prescription Solutions Rx Card to get your free vaccinations:

Vons/Pavilions/Safeway
Ralphs
Raleys
Albertsons
Stater Brothers
CVS
Rite Aid

Kaiser Plan Members/Dependents

It is recommended that you call Kaiser's Customer Service line or your local medical clinic to find out how you can receive your flu shots without having to pay an office visit or other copay. Kaiser members must receive their flu shots through a Kaiser facility.

The Local 831 – Employer Health Fund is pleased to be able to offer this service to eligible health plan members. If you need further assistance, please call the Administrative Office at 626-279-3080.

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