

What It Is

Flu shots are typically injected vaccines that provide protection against influenza. As preventive services, flu shots are covered at no cost.*

**For employees with PacificSource medical coverage; no cost when you get your flu shot from an in-network provider or pharmacy.*

Why It Matters

With every new fall season, there are new flu viruses. Like microscopic invaders, these viruses creep into our communities and families, wreaking havoc on our health and making us feel miserable. But this doesn't have to happen to you! Getting your flu shot increases your chances of preventing the flu and protects others with whom you interact.

For more information about how to protect yourself from the flu, check out the [Flu Shots page](#) on the Healthy Life section of the PS Web or at PacificSource.com/flu.

How to Complete this Activity

PacificSource provides on-site flu shot clinics in most of our offices. You'll receive more information via email when flu shot clinics have been scheduled. You can participate in an on-site flu shot clinic at any of our offices.

More about this Activity

1 Total Eligible Points



Supports Your **Physical Well-being**

This activity can be either self-reported or auto-reported through claims.

What Qualifies	What Does Not Qualify
<ul style="list-style-type: none"> Any flu vaccine provided on-site, with your doctor, at your pharmacy, or at a community event 	<ul style="list-style-type: none"> Shingles or other vaccines

Frequently Asked Questions

Can dependents participate in our on-site flu shot clinics?

Yes. If your dependent is 18 or older. Dependents under the age of 18 are not eligible to participate in on-site flu shots.

I don't get flu shots. Is there an alternative so I can complete this activity for the Healthy Life Rewards program?

No. If you choose not to get a flu shot, you may choose from other Healthy Life Rewards activities to complete the program.

If I participate in an on-site flu shot clinic, is that considered paid or non-paid time?

You can use paid time to complete this activity; however, please be mindful of support for your department. If your department structures break times or requires phone coverage, get approval from your supervisor for when you plan to attend so that they can plan accordingly.

If I miss an on-site flu shot clinic, where can I find a list of in-network pharmacies?

Check out the [PacificSource Pharmacy Network](#) page on our website.

[Don't see your question answered here?](#)
[Post your questions on the Healthy Life Rewards Discussion Board >](#)