

# Help your employees protect themselves from the flu



The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.\*

Employers can help their employees stay healthy while lowering health care costs by providing the following complimentary flu shot options.

## On-site flu shot events

The Optum® on-site flu program makes it convenient for employees to get their flu vaccine while reducing time away from work. The on-site program is easy for employers to implement and can be combined with other Optum programs and services, such as biometric screenings, to support employees' health and well-being. A marketing toolkit is available to help employers build awareness of, and participation in, on-site programs. Our vendor partners can provide flu shots in all 50 states.

## Flu shot vouchers

For employees working from home, Optum offers flu shot vouchers that can be redeemed at participating retail locations. You can choose a starting date for your program and whether you'll offer shots to employees only or employees and their eligible dependents. There is no out-of-pocket cost to the participant.



By providing a convenient way for employees to get their flu vaccine, you may see increased participation, decreased medical costs and fewer flu-related absences.

Flu shot events are available September through January to eligible adults 18 and older and may require a minimum number of participants to be available.

## Frequently asked questions

### What type of flu vaccine will be offered for the 2023 season?

For the 2023 seasonal vaccine, our vendor partners will be exclusively offering the quadrivalent flu vaccine.

### How long does it take for the vaccine to fully take effect?

The vaccine takes about 2 weeks to stimulate a full immune response in the body.

### Who is eligible to be vaccinated?

Eligible participants must be 18 years of age or older. Participants that fall into any of the following categories will not be vaccinated under our program:

- Pregnant and nursing women – may be subject to state regulations
- People with an illness or fever at the time of immunization
- Other medical conditions as noted on the consent form

### When should individuals get a flu vaccination?

The CDC recommends that individuals should begin getting vaccinated soon after the flu vaccine becomes available – by October, if possible – to ensure that as many people as possible are protected before flu season begins. However, it's not too late to get vaccinated throughout the flu season, even into January or later.

### Are there any side effects to the flu vaccine?

For most people, there are no side effects to vaccination. Those receiving flu shots may experience redness or minor soreness and pain at the injection site. Occasionally, people may have a low-grade fever and muscle aches for 1-2 days after the injection, but these symptoms are usually mild. Rarely, people may experience a severe allergic reaction. If you experience an allergic reaction, please seek medical attention right away. Tell your doctor what happened, the date and time it happened, and when you got the flu shot.

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Biometrics representative  
for more info or email:**

[worksitewellness@optum.com](mailto:worksitewellness@optum.com)



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