

## Flu Prevention Program

We offer free flu vaccinations to HMAA members from September through February, while supplies last. Employers may host a worksite clinic subject to minimum requirements, and members may visit our participating pharmacy locations. Vaccines are administered by nurses or pharmacists. Participants must be aged 14 or older, and proof of eligibility is required as follows.

- Age 14 to 17: Valid prescription from a physician and HMAA ID card
- Age 18 or older: Photo ID and HMAA ID card

### Employer Worksite Clinics

Keep the flu out of your workplace by hosting an onsite clinic at your business location! It's a convenient way for your employees to get vaccinated. Contact your Account Manager or email us at [fluprevention@hmaa.com](mailto:fluprevention@hmaa.com), and provide us with the expected number of participants and at least two date/time options. Scheduling will be based on availability.



Worksite clinics are not limited to HMAA members; clinicians may be able to bill other insurance carriers. To host a worksite clinic at no cost, a minimum of 15 participants is required on O'ahu, Maui, and Hawai'i Island; a minimum of 25 is required on Kaua'i and Moloka'i. A \$50 clinician fee will apply to clinics below the minimum count. Individuals who do not have flu vaccination coverage will be charged \$55 at the time of vaccination. Other restrictions may apply.

### In-Store Pharmacy Locations

A wide selection of pharmacy locations is available. HMAA members may contact their nearest participating location to schedule an appointment or to confirm if walk-ins are welcome.

Pharmacy	Contact Information	O'ahu	Maui	Hawai'i Island	Kaua'i
<b>Don Quijote</b>	<a href="http://donquijotehawaii.com">donquijotehawaii.com</a> call 973-6661	✓			
<b>Foodland</b>	<a href="http://foodland.com">foodland.com</a> call a location	✓	✓	✓	✓
<b>KTA Super Stores</b>	<a href="http://ktasuperstores.com">ktasuperstores.com</a> call a location			✓	
<b>Longs Drugs</b>	<a href="http://cvs.com">cvs.com</a> call a location or (800) 746-7287	✓	✓	✓	✓
<b>Pharmacare Hawaii</b>	<a href="http://pharmacarehawaii.com">pharmacarehawaii.com</a> call a location or 836-0223	✓	✓	✓	✓
<b>Safeway</b>	<a href="http://safeway.com">safeway.com</a> call a location or (877) 723-3929	✓	✓	✓	✓
<b>Times Supermarket</b>	<a href="http://timessupermarkets.com">timessupermarkets.com</a> call 832-8262	✓			
<b>Walgreens</b>	<a href="http://walgreens.com">walgreens.com</a> call 593-0403	✓	✓	✓	

# What You Should Know About the Flu (Influenza)

Prevention is better than a cure for any disease, and the flu is no exception. The Centers for Disease Control and Prevention (CDC) estimates that flu vaccinations prevent more than 7 million flu-related illnesses, 3.7 million medical visits, 109,000 hospitalizations, and 8,000 deaths per year.

## When is flu season?

The timing is unpredictable and varies. Some flu viruses circulate during the summer, and influenza activity often begins increasing in October. The CDC recommends getting vaccinated soon after the vaccine becomes available; in early fall if possible.

## How does the flu spread?

The flu virus enters the body through the mucous membranes in the eyes, nose, or mouth. It can become airborne when a person coughs or sneezes, making it easy to infect those around you. The virus can also be spread by touching common objects that allow the virus to survive on its surface, and then touching your mouth or face.

## How long does the flu illness last?

Most people who get the flu usually feel much better within one or two weeks, but some develop complications that can be life threatening.

## What are the common signs and symptoms?

- Fever
- Fatigue
- Headache
- Chills
- Body ache
- Cough
- Runny or Stuffy Nose

The flu may also cause severe complications including sinusitis, bronchitis, and pneumonia.

## How can I protect myself?

- Getting the flu vaccine each year is still the best protection against the flu. Flu vaccines cause antibodies to develop in the body within about two weeks to provide protection from the viruses in the vaccine.
- Any individual who appears to have a flu-like illness should be advised to stay home and avoid face-to-face contact with others, unless seeking medical treatment.
- Practice good hygiene by covering coughs and sneezes, washing hands frequently, and cleaning surfaces that are likely to have frequent hand contact.
- Avoid touching your eyes, nose, or mouth to stop the spread of germs.

For more information and helpful tips, please visit [cdc.gov/flu](https://www.cdc.gov/flu).

For further information about our health and wellness benefits,  
visit [hmaa.com/wellness](https://www.hmaa.com/wellness) or [facebook.com/HMAAwellness](https://www.facebook.com/HMAAwellness).

HMAA ■ Phone 591-0088 ■ Fax 591-0463 ■ Toll-free 800-621-6998