



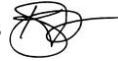
HUMAN RESOURCES DEPARTMENT

90 Church Street | 5th FL | New York, NY 10007 | (212) 306-8000

DATE: September 29, 2015

HR MEMO: 26-15-3

TO: All NYCHA Employees

FROM: Kenya Salaudeen, Director of Human Resources 

SUBJECT: 2015 Flu Vaccination Campaign

We are excited to announce the New York City Employee Free Flu Vaccination Campaign - a collaborative effort between the Mayor's Office and the Office of Labor Relations. Each year in the U.S. more than 200,000 people are hospitalized and about 36,000 die of seasonal flu and flu complications. By getting your vaccine, you are one step closer to guarding yourself against the flu this season!

The New York City Housing Authority's Free Flu Vaccine Clinic will be onsite:

Date: October 26, 2015

Time: 8:30 a.m. to 3:30 p.m.

Location: 90 Church Street, 5th Floor-Ceremonial Room

To schedule your **online** workplace appointment, follow these steps:

1. **Click** on the following link, <https://www.apschedule.com/nycflu>. That will take you to the online scheduler. Enter the **Username (nyc)** and the **Password (flushot)** on the left. The scheduler will take you through several screens which will ask you to provide some information and **select the location** you would like to schedule your vaccination.
2. Be sure to **download and complete** the consent and information forms. **Bring** them with you to the appointment. If you do not download the forms or forget to bring them the day of the clinic, please arrive 10 minutes before your scheduled appointment as there will be extra forms on-site.

You must bring your Employee ID to your appointment.

Unable to access the online scheduler? Call Affiliated Physicians at **866-481-4391** (8 a.m. to 6 p.m. ET) to schedule your appointment.

Can't make it on October 26, 2015?

There are other options available to you to obtain your **free** flu shot:

- Schedule an appointment with your primary care physician
- Walk-in at a participating pharmacy. Click [here](#) for a list of participating pharmacies
- Check out other [Free Flu Vaccine Clinics](#) for NY City Employees

Please note: *If you are allergic to eggs or egg products or are pregnant in your first trimester, Affiliated Physicians will not administer the flu vaccination and will advise you to see your personal physician.*

For more information about registering for this event or question about the Flu Vaccine Clinic, contact **ASKHR AT 212-306-8000**.

Spread the word about NYCHA's Flu Vaccine Clinic... using hash tag #GotMyFluShot with us on Facebook, Twitter and Instagram.



OFFICE OF LABOR RELATIONS

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First Deputy Commissioner

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GEORGETTE GESTELY
Director, Employee Benefits Program

FREQUENTLY ASKED QUESTIONS ABOUT THE CITY FLU SHOT PROGRAM

1. Why should I get flu vaccine?

Influenza – the flu – is a serious disease. Every influenza season, anywhere from 3,000 to 49,000 people die from influenza and many people, even healthy people, become very ill. The flu vaccine is the best way to protect yourself from getting influenza and spreading it to others.

2. How do I get flu vaccine?

To help City employees and their families get the flu vaccine, the City is making it available at no cost in many different ways.

- You may call your primary care physician's office to make an appointment.

- You may make an appointment at one of the 36 Emblem Advantage Care Physician (ACP) sites by calling 646-680-3000 or going online at apschedule.com/nycflu. You can go to an Emblem ACP location no matter which New York City health plan coverage you have.

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- You may walk-in to any Express Scripts participating pharmacy in your area. Participating pharmacies include Duane Reade, Walgreen's, CVS and Rite-Aid pharmacies as well as other independent pharmacies. You can use the NYC DOHMH flu locator to assist in finding a pharmacy at nyc.gov/flu.

- Many of the City's agencies will be scheduling the flu vaccine right at the worksite in September and October. Please watch for announcements about the worksite programs at your agency. You can receive the flu shot at a worksite even no matter which New York City health plan coverage you have.

3. What should I bring with me to get my flu vaccine?

Whether you get your flu vaccine at an in-network doctor's office, participating pharmacy, Emblem Advantage Care Physician (ACP) site, or at work, please bring both your employee ID and insurance card.

4. What should I wear to make it easier to get the flu shot?

The vaccine is administered in the upper arm, so wear short sleeves or clothing that allows for easy exposure of your upper arm/shoulder. There is privacy if you need to remove your shirt.

5. How do I get free flu vaccine at an in-network doctor's office?

The doctor's visit co-pay is waived when the sole purpose of going to the doctor is to get flu vaccine. If your visit is also for other purposes, you will be billed the co-pay for the regular visit but your flu vaccine is still fully covered. Primary care physicians are generally more likely to provide flu vaccine, but some specialists may also offer it. Check with your doctor.

6. I got the flu vaccine and my health insurance sent me an "Explanation of Benefits." Is this a bill?

No, an explanation of benefits (EOB) is not a bill. An EOB tells you and your healthcare provider what portion of the provider's charges are eligible for benefits under your insurance plan.

7. Can the flu vaccine cause influenza?

No. Injectable flu vaccines do not contain a live virus and cannot cause influenza. The live attenuated flu vaccine, or intranasal spray vaccine, contains live viruses that are weakened to the point that they cannot cause influenza.

8. When should I get flu vaccine?

The vaccine starts to protect you after one to two weeks. Influenza is most common in the United States from December to March. It is best to get vaccinated in the fall but getting vaccinated anytime during influenza season provides beneficial protection. The City's free flu vaccine program runs from 9/16/15 through 12/31/15

9. Why do I need to receive the flu vaccine every year?

Influenza viruses are always changing and the flu vaccine generally provides protection for about one year. To maintain your protection, you need a new dose of vaccine each year. Vaccines are updated every season to protect against new viruses that are spreading in the

community; this year's vaccine was reformulated to match the strains expected to circulate. Getting immunized each year provides the best protection against influenza throughout influenza season. Even if a vaccine doesn't provide complete protection, people who are vaccinated tend to experience milder illness, and less hospitalization, than others.

10. If I am pregnant, can I get the flu shot?

Yes. Getting a flu shot is the first and most important step in protecting against flu. The flu shot given during pregnancy has been shown to protect both the mother and her baby (up to 6 months old) from influenza. Talk with your obstetrician or health care provider first if you have any questions or concerns. <http://www.cdc.gov/flu/protect/vaccine/pregnant.htm>

11. If I have a cold, can I get the flu shot?

Yes, as long as your symptoms are mild you can get the vaccine. Mild illness with or without fever do not contraindicate getting flu vaccine.

12. Is flu vaccine safe?

<http://www.nyc.gov/html/doh/flu/html/vaccination/safety.shtml>

Flu vaccines have been given for more than 50 years, and they have a very good safety track record. Flu vaccines are made the same way each year, and their safety is closely monitored by the Centers for Disease Control and Prevention and the Food and Drug Administration. Hundreds of millions of flu vaccines have been given safely.

13. Are there any side effects to the flu shot?

Common side effects include soreness, redness and swelling at the injection site, low fever and feeling achy and tired. Serious side effects are very rare. Ask your doctor if you have any concerns about side effects.