



FREQUENTLY ASKED QUESTIONS ABOUT THE WORKWELL NYC FREE FLU SHOT PROGRAM

1. Why should I get the flu vaccine?

Influenza, or “flu” is a serious disease that is the 3rd leading cause of death in NYC, along with pneumonia. Even healthy people can become very ill from the flu.

The flu vaccine is the best way to protect yourself and your family from getting the flu and spreading it to others.

Everyone aged 6 months and older should get the flu vaccine every year. Children under 6 months are too young for the vaccine; their caregivers should make sure to get vaccinated.

2. How do I get flu vaccine?

The flu shot is available at no cost to employees, pre-Medicare retirees and dependents in four different ways:

At the worksite: Many City agencies will be offering the flu vaccine to employees right at the worksite. All benefits-eligible City employees can receive the flu shot at the worksite, regardless of their health insurance coverage. Please watch for announcements about worksite clinics at your agency. To schedule an appointment, visit <https://www.apschedule.com/nycflu> (username: nyc, password: flu) or call 866-481-4391.

At the pharmacy: City employees, pre-Medicare retirees and their dependents can walk into any participating pharmacy to receive a free flu shot. You can use the NYC flu locator at nyc.gov/flu to find a pharmacy near you. Check with your insurance provider to make sure the pharmacy you choose participates in your plan. Be sure to provide your medical insurance card with you to the pharmacy.

At your physician’s office: City employees, pre-Medicare retirees and dependents can visit an in-network physician to get a flu shot. The visit co-pay will be waived when the sole purpose of going to the doctor is to get your flu vaccine. Contact your insurance provider for more information. To find a provider covered by your insurance, contact your [health plan](#).

At an ACPNY medical office: City employees, pre-Medicare retirees and dependents can get a free flu shot at any of EmblemHealth’s 36 AdvantageCare Physicians (ACPNY) medical offices to get a free flu shot, regardless of which health plan they have.

Appointments can be made by phone (646-680-3000) or online at www.acpny.com.



3. How do I get my free flu shot at an in-network doctor's office?

The doctor's visit co-pay will be waived when the sole purpose of going to the doctor is to get your flu vaccine. Contact your insurance provider for more information. Primary care physicians are generally more likely to provide flu vaccine, but some specialists may also offer it. Check with your doctor. To find a physician covered by your insurance, contact your [health plan](#).

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

Please bring your employee ID card to get your flu shot at the workplace. To get your flu vaccine at an in-network doctor's office, participating pharmacy, or AdvantageCare Physicians (ACPNY) medical office, please bring your medical insurance card.

5. 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. Worksite clinics will have privacy screens available for those who need to remove their shirt to receive the shot.

6. What type of vaccine will you be providing?

Worksite clinics will offer quadrivalent vaccine and trivalent high-dose vaccine for those 65 years and older. ACPNY medical offices will provide quadrivalent vaccine, pediatric vaccines for children, and high-dose vaccines for those 65 years and older. Contact your pharmacy or doctor's office for more information about what vaccines they provide.

7. Who needs two doses of flu vaccine?

Some children 6 months through 8 years of age will need two doses of flu vaccine for adequate protection from influenza. All children who have received two doses of vaccine at any time in the past only need one dose of vaccine this season. The first dose should be given as soon as the vaccine becomes available. The second dose should be given at least 28 days after the first dose. A pediatrician or health care provider can determine the appropriate flu shot schedule for your child.



8. 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.

9. Can the flu shot cause influenza?

No. Injectable flu vaccines only contain a killed or inactivated influenza virus, or a particle designed to look like a flu virus and cannot cause influenza.

10. When should I get my flu shot?

The vaccine is fully effective two weeks after it is administered. 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 flu season provides protection. WorkWell NYC's free flu vaccination program launches on September 10th, 2018.

11. 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 throughout flu season. Even in cases where a vaccine doesn't provide complete protection, those who have received it tend to experience milder illness and less hospitalization.

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

Yes. Pregnant women can receive the flu vaccine at any point in their pregnancy. 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. Visit <http://www.cdc.gov/flu/protect/vaccine/pregnant.htm> to learn more.

All pregnant women can receive their flu shot at a worksite clinic, their physician's office, or an ACPNY medical office. Please check with your pharmacy for further details.



13. 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 does not affect the flu vaccine.

14. Is flu vaccine safe?

Flu vaccines have been given for more than 50 years and have a very good safety track record. The 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. Visit <http://www.cdc.gov/flu/protect/vaccine/general.htm> to learn more.

15. 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 or administering clinician if you have any concerns about side effects

16. Will there be a flu shot available for people 65 and over?

For those 65 years and older, upon request, the FLUAD™ vaccine will be provided. This vaccine was licensed by the Food and Drug Administration in 2015. FLUAD™ and was found to be more effective in preventing influenza in people 65 years of age and older compared with standard-dose flu vaccine.

17. What about the nasal spray?

For the 2018–19 influenza season, the live attenuated influenza vaccine, commonly known as FluMist, is again recommended for use in healthy, non-pregnant people 2 through 49 years of age. The nasal spray will not be available at worksite flu clinics.

18. What about vaccines for children?

As part of the worksite flu clinics vaccines for children will not be provided. Children 6 months to 5 years of age who attend a New York City-licensed child care or nursery school, Head Start or pre-kindergarten must get one dose of flu vaccine between July 1 and December 31 every year.