LIVEWELL! BEWELL!
City of Portland Employee Wellness

Questions about your Health Plan benefits?

Email the Benefits & Wellness Office:
benefits@portlandoregon.gov

BE FLU-FREE
HOW TO GET A FREE FLU SHOT

All employees	
2014 Worksite Flu Shot Program – while supplies last! Administered by CityRisk. Visit portlandoregon.gov/CityRisk for schedule and details!	
Benefits-eligible employees and their Health Plan dependents	
Kaiser Permanente members	Flu shots are available at no charge to members *when given at a Kaiser Permanente medical facility*. Please remember to bring your Kaiser Permanente membership card and a photo I.D. to your visit. You can get a flu vaccination: • by walking in to a flu shot clinic at a Kaiser facility, being held October 4th – October 17th • during a regularly scheduled doctor appointment, starting October 6th • by walking in to any Nurse Treatment Center starting October 20th **For the most up-to-date information, including vaccine availability, call 1-800-813-2000 or visit kp.org.**
CityCore (Moda) members	• **Option 1:** Fred Meyer and QFC pharmacies will provide free flu shots to CityCore participants (employees and Health Plan dependents) **October 1st – December 31st**. • **Option 2:** Contact your provider and ask about the opportunity to get a flu shot *without being required to see the doctor or paying an office visit co-pay*. Participants can also get a shot during a scheduled office visit but regular co-pays will apply to the visit (unless it is a free wellness exam).
CityNet (Portland Police Association ONLY) members	• **Option 1:** Any CityNet covered pharmacy will provide free flu shots to CityNet participants (employees and Health Plan dependents) *participants should check with their preferred pharmacy* on the first availability of the vaccine. • **Option 2:** Contact your provider and ask about the opportunity to get a flu shot *without being required to see the doctor or paying for an office visit*. Participants can also get a shot during a scheduled office visit but regular co-insurance and deductibles will apply (unless it is a free wellness exam).