

Sacramento Independent Hotel, Restaurant and Tavern Employees Trust Funds

DATE: September 25, 2023

TO: All Kaiser Members

FROM: The Board of Trustees of the Sacramento Independent Hotel Restaurant and Tavern Employees Trust Funds

RE: **Annual Flu Shot Reminder—Different Procedure**

Dear Member:

We are pleased to be able to inform you of a new process regarding the Annual Flu Shots.

In the past years, you and your eligible spouse and/or eligible dependents were provided with a one-day schedule and list of employers and times to make yourself available for a Flu Shot.

This year, you and your eligible spouse and/or eligible dependents will instead be able to visit a Kaiser medical facility for your flu shot at no charge (\$0 dollars) to you, your eligible spouse and/or eligible dependents. You will need to bring your Kaiser card along with an ID when you go to get your flu shot.

Kaiser provides flu shots at their medical facilities, you do not need to make an appointment to get a flu shot. You may call the flu shot facility telephone number which is 800-573-5811 and ask for the facilities information in your city/area. For example, when calling if you state “information for Sacramento”, the information will provide the specific address(es) of the flu clinic(s) in the Sacramento area along with the days/hours that the flu clinic is open and providing flu shots. Some clinics are open on Saturdays. Attached are Kaiser flyers regarding the flu shot process and the importance of obtaining a flu shot.

Please see important information below from the CDC or visit their website at:

<https://www.cdc.gov/flu/season/faq-flu-season-2023-2024.htm>

What should I do during flu season?

Visit your local Kaiser clinic if you and your dependents decide to get your annual flu shot. Again, the Trust is providing this immunization at no cost to you or your covered dependents. According to medical experts, getting vaccinated is the first and most important step in protecting against this serious disease (flu also known as influenza). Vaccination efforts should continue as long as influenza viruses are circulating. (If you have any questions or concerns, consult with your physician.)

Who should get vaccinated?

Medical and governmental officials have stated that persons who are at least 6 months of age should get a flu vaccine this season. (If your physician has informed you not to get a flu shot for some personal reason, that is a different issue.) It's especially important for some people who fit in certain categories to get vaccinated as soon as possible, including the following:

- ❖ People who are at high risk of developing serious complications like pneumonia if they get sick with the flu, this includes:
 - People who have certain medical conditions, including asthma, diabetes, and chronic lung disease
 - People who live with or care for others who are high risk of developing the above mentioned medical conditions.
 - Pregnant Women
 - People 65 years and older

For more detailed information and frequently asked questions about the Flu, please visit:

<http://www.cdc.gov/flu/about/disease/index.htm>

If you have any questions, please contact the Administrative Office.

This document has been uploaded and is available on the participant website at:

www.ourbenefitoffice.com/SIHRTE/Benefits/