

Sacramento Independent Hotel, Restaurant and Tavern Employees Trust Funds

DATE: September 25, 2023

TO: All Western Health Advantage Members

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

RE: **Annual Flu Shot Reminder—Different Procedure—Visit your Primary Care Physician**

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 your Primary Care Physician or any of our in-network pharmacies for your flu shot at no charge (\$0 dollars) to you, your eligible spouse and/or eligible dependents. You will need to bring a photo ID and your Prescription ID Card along with you when you go to get your flu shot.

We recommend that you call your Primary Care Physician to make an appointment to have the flu vaccination. If you have any issues at your Primary Care Physician office regarding the no cost (\$0 fee), please contact Western Health Advantage at (888) 563-2250.

Alternatively, the following medical groups **may** offer reimbursement for flu shots received at a pharmacy or designated clinic. Visit or call for details:

- Hill Physicians, (800) 445-5747
- Dignity/Mercy, (888) 488-7667

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 primary care physician's office if you and your dependents decide to get your annual flu shot. Again, the WHA Plan provides 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/