

2023 Flu Shots

Now is the time to start thinking about when, how and where you'll get immunized against the flu this year.



Flu season typically peaks between December and February, but you should plan on getting your flu shot early to protect yourself and those around you.

It is simple to get a flu shot at no cost from an in-network pharmacy or doctor's office!

- ♥ Although we are offering onsite flu shots at various locations for City employees (see next page), it's important to remember that you can get a flu shot at no cost by visiting your Kaiser Permanente of Washington or Regence BlueShield in-network doctor's offices and/or pharmacies.

Kaiser Permanente Members

- ♥ **Appointments:** No cost flu shots are available at Kaiser Permanente by [appointment only](#). You can make an appointment through your online Kaiser Permanente account, via the Mobile App, or by calling 1-800-352-3610.
- ♥ **Contracted pharmacies:** Members can get their flu shot at a [contracted pharmacy](#). No appointment is needed. Contracted pharmacies will bill Kaiser Permanente directly.
- ♥ **Non-contracted pharmacies:** Flu shots can be obtained by non-contracted pharmacies. If the pharmacy does not bill Kaiser Permanente Washington, then the member will need to pay for the vaccine/administration and submit a claim to Kaiser Permanente for reimbursement.

Regence BlueShield Members

- ♥ **Appointments:** Look for an [in-network provider](#) who offers a flu shot through "Find a Doctor". Select the category Doctors by specialty and search for "flu shot." You can also visit the immunization section of the [benefit booklet](#) or call their customer service at 1-855-877-0047.
- ♥ **In-network pharmacies:** No appointment is necessary when you visit an in-network pharmacy, which includes Walgreens, Rite Aid, Safeway, Fred Meyer, Costco and more.

Need medical care? If you or an eligible family member do get sick and need medical care, you are encouraged to review the different options available through [Kaiser Permanente](#) and [Regence BlueShield](#) (e.g., virtual, at your doctor's office/facility, or even on-call care at your home).

Questions:

Email: wellness@cityoftacoma.org; Phone: 253-591-2002



2023 Flu Shot Schedule

Location	Date	Time
Tacoma Public Utilities (Auditorium)	10/25/2023	7:00 — 10:00 AM
Tacoma Municipal Building (7th Floor)	10/25/2023	11:30 AM — 2:00 PM
Green River Headworks (Chinook Room)	10/26/2023	7:00 — 8:00 AM
Tacoma Police Department (Room 1210)	10/26/2023	1:00 — 4:00 PM 7:30 — 8:30 PM
Library Staff ONLY (Pioneer Pavilion Park)	10/27/2023	1:00 — 3:00 PM
Mayfield/Cowlitz Hydro Project	11/7/2023	7:30 — 8:15 AM
Solid Waste	11/7/2023	11:30 AM — 3:00 PM
Streets and Grounds	11/8/2023	7:30 — 8:15 AM
Central Treatment Plant (Building O; Front Conference Room)	11/8/2023	9:00 — 11:00 AM
Center for Urban Waters	11/8/2023	11:30 AM — 1:00 PM

Please read these facts to ensure that everyone stays safe and healthy this flu season.

- ♥ Wear a short sleeve shirt so the nurse can administer the shot quickly and effectively.
- ♥ If you are getting an onsite shot, please [fill out the medical form](#) in advance and make sure to bring your medical card. City employees who are not enrolled in a City medical plan are still welcome to get a flu shot (at no cost).
- ♥ The above locations are servicing City employees only and cannot accommodate family members, retirees, contractors or volunteers.

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Complete the Medical Form:

Find the form on <https://wellness.cityoftacoma.org>

