

2024 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.

Employees (and family members) on a Kaiser Permanente City of Tacoma Medical Plan

- ♥ **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.

Employees (and family members) on a Regence BlueShield City of Tacoma Medical Plan

- ♥ **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

[General Flu Shot Fact sheet](#) (click to read)



2024 Flu Shot Schedule

Location	Date	Time
Environmental Services (Central Treatment Plant)	10/2/2024	7:00 — 8:00 AM
Tacoma Public Utilities Auditorium	10/9/2024	7:00 AM — 10:30 AM
Women's LINC RISE to Be Conference Tacoma Convention Center <i>(all employees welcome)</i>	10/10/2024	11:30 AM — 1:30 PM
Streets and Grounds	10/16/2024	7:30 — 8:30 AM
Center for Urban Waters	10/16/2024	9:30 — 10:30 AM
Loveland	10/17/2024	7:00 — 7:30 AM
Cowlitz Hydro Project	10/22/2024	7:00 — 8:00 AM
Environmental Services (Solid Waste)	10/22/2024	11:00 AM — 2:00 PM
Green River Headworks	10/29/2024	7:30 — 8:30 AM
Tacoma Municipal Building (7th Floor)	10/29/2024	11:30 AM — 2:00 PM
Tacoma Police Department	10/31/2024	1:00 — 4:00 PM 7:00 — 8:00 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 of Tacoma 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>

