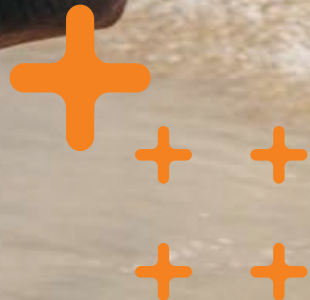




Flu prevention toolkit

Fully-insured groups sized 51+

ProvidenceHealthPlan.com





Supporting True Health, together

This toolkit is designed to support the successful implementation of a flu prevention campaign. It provides information about how to identify your population's risks, design a plan for your flu prevention initiatives, engage employees and evaluate your campaign.

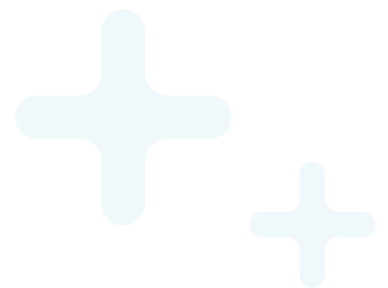
We're here to help. Contact your health management consultant or account manager for more information.





Table of contents

Flu prevention is important for your workforce	5
Identify: Determine employee interests and health risks	10
Design: Plan your flu prevention initiatives	14
Engage: Implement programs, policies and environmental modifications	20
Assess: Evaluate what worked, what can be done better and next steps	28
Appendix: Employer resources and communications materials	34



Flu prevention is important for your workforce

The flu is a respiratory illness

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes, the lungs. It can cause mild to severe illness and, in some cases, lead to death.

People with the flu experience symptoms

People who have the flu often experience some or all of the following:

- + Fever or chills
- + Cough
- + Sore throat
- + Runny or stuffy nose
- + Muscle or body aches
- + Headaches
- + Fatigue or tiredness

The flu is contagious

Flu viruses commonly spread by tiny droplets made when people with the flu cough, sneeze or talk. People who are nearby can breathe in these droplets. An individual may also get the flu by touching a surface or object that has the flu virus on it – like keyboards and tables – and then touching their mouth, nose or eyes.

Source: Centers for Disease Control and Prevention (CDC)



The flu puts an economic burden on the workforce

It increases medical costs

- + Approximately 8% of the U.S. population gets the flu each season. Influenza-like illnesses result in increased outpatient visits, hospitalizations, and even mortality cases.
- + An average of 200,000 hospitalizations and 36,000 deaths (associated with the flu) occur annually in the U.S.
- + The overall national economic burden of influenza-like illness for adults is \$83.3 billion. Direct medical costs totaled \$8.7 billion, including \$4.5 billion for hospitalizations.

It impacts employee productivity

- + Sick employees lead to increased absenteeism and presenteeism, both of which have a significant impact on productivity. Employees who come to work when sick can spread the illness to coworkers.
- + Influenza-like illnesses are responsible for 17 million work days lost each year. The flu is responsible for \$6.2 billion in indirect costs, primarily lost from productivity.
- + The average employee misses 2.8 days of work from the flu. Many employees miss work to care for sick family members, too.

Sources: Centers for Disease Control and Prevention, U.S. Department of Labor



Prevention begins with a flu shot

Protect yourself and your community

When you get a flu shot, you protect everyone around you.

- + It can keep you from getting sick.
- + It can protect people around you, like your friends, family and coworkers.
- + It can protect people around you who you see frequently, like your barista, your grocery store cashier, and your neighbors.
- + It can protect people around you who are more vulnerable to serious complications from the flu, like pregnant women, babies and young children, older adults, and people with certain chronic conditions.

Get a flu shot every year

Flu virus strains change and vaccine protection declines over time, so last year's vaccine may not protect you from getting sick. That's why it's important to get a flu shot each year.

The CDC recommends a flu shot for everyone age six months and older, with rare exceptions.

A flu shot can be especially important for:

- + Individuals with chronic conditions such as asthma, diabetes and heart disease
- + Pregnant women
- + Children

There are rare exceptions when you should not get a flu shot. Talk to your primary care provider if you:

- + Have an allergy to eggs or any of the ingredients in the vaccine
- + Are not feeling well
- + Ever had Guillain-Barré Syndrome



Flu shots are accessible

Our goal is to make it convenient for members to get a flu shot. Options for those with busy schedules include accessing through an on-site flu shot clinic or at a pharmacy. Flu vaccines are covered in full for Providence Health Plan members.

In-network pharmacies and retail clinics

Many pharmacies and convenience care clinics offer flu shots, and generally no appointment is needed. To find a provider, visit the [Providence Health Plan provider directory](#).

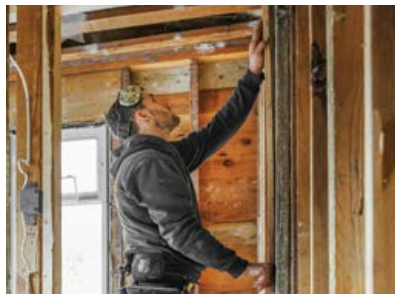
On-site flu shot clinic at work

Scheduling an on-site clinic makes it convenient for employees to get their flu shot during the workday. To contact one of our on-site flu shot clinic partners, [click here](#).

Primary care provider

Providers offer the flu shot as well. Individuals should contact their primary care provider to schedule an appointment. Or, refer to the [provider directory](#) to find a nearby in-network provider.

Source: Centers for Disease Control and Prevention





Take steps to prevent the flu in the workplace

Encourage healthy habits

Practicing healthy habits can help stop the spread of germs and prevent the flu.

Encourage employees to:

- + Avoid close contact and stay home when sick.
- + Clean and disinfect frequently touched surfaces.
- + Cover their mouth and nose when coughing and sneezing.
- + Get plenty of sleep and be physically active.
- + Wash hands frequently and avoid touching their eyes, nose and mouth.
- + Drink plenty of water and eat nutritious foods.

Launch a flu prevention campaign

As you prepare to launch a flu prevention campaign, make sure you have leadership support. Leaders play a pivotal role in creating a culture of well-being, so equip them with information and tools needed to engage their team.

In the pages that follow, we'll walk you through our step-by-step process for planning and implementing a successful flu prevention campaign. You'll learn how to:

- + Identify your population's health risks
- + Engage your employees
- + Design a plan for your campaign
- + Assess your campaign



Identify

Determine your organization's well-being, interests and needs in order to formulate a plan.





Gather information

Individual, organizational and community elements impact well-being. Think about what's important to your workforce, and how your organization and community partners can assist in flu prevention.

Understand your employee health risks

To understand how the flu might impact your organization, get a picture of the health of your population by reviewing multiple data sources, such as:

Population demographics

Some populations are more vulnerable to the flu. Consider how your organization might be impacted.

Annual health engagement reporting

Most health plans and wellness vendors provide annual health engagement reporting. Review medical claims to see how many of your employees received a flu vaccine in the past year. These reports may also provide data on the prevalence of certain chronic conditions in your population.

Wellness assessment results

If you launched a [wellness assessment campaign](#), review the results to see what percentage of your organization's population self-reported getting a flu vaccine in the past year.

Participation in on-site flu shot clinics

Review participation of any company-hosted on-site flu shot clinics. Remember, claims might not be filed for vaccinations that occur at an on-site flu clinic, and some employees may get their flu shot at a pharmacy or their provider. Be sure to consider on-site clinic participation and claims data to get an accurate picture of overall employee participation.





Review how your organization’s culture, programs, policies and environment support flu prevention

Take inventory on how your organization currently supports employee health and identify opportunities to better support your population. Use tools such as:

Organizational scorecard

Use this tool to learn more about evidence-based strategies that improve employee health. Some resources also provide industry benchmarks. We recommend the [CDC Worksite Health Scorecard](#) and [HERO Scorecard](#).

Flu prevention workplace strategies

Learn more about how other organizations drive engagement in flu prevention. Read about best practices in the [Engage](#) section of this toolkit.

Consider your community partners

Think about how you can partner with local organizations to improve your population’s well-being. Consider:

Local, in-network health care partners

If you’re interested in hosting an on-site flu shot clinic, check out this [list](#) of Providence Health Plan recommended partners. If you’re not hosting an on-site flu shot clinic, you can remind employees that they can find nearby in-network providers, pharmacies and clinics by using the [Providence Health Plan Provider Directory](#).



Design

Incorporate a variety of resources to support your organization's unique population.





Create a plan

Use your assessment to develop a plan for your organization’s flu prevention campaign. We have [planning and strategy tools](#) to help you build your framework.

Set realistic goals

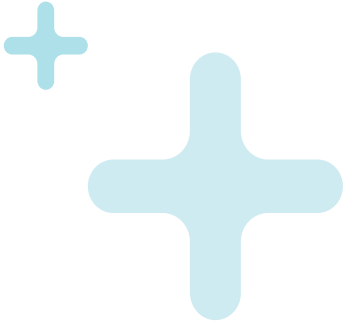
Based on the data you collected, determine SMART – specific, measureable, attainable, relevant and timely – goals. Think about how you would like this campaign to impact your population and organization. Here are some ideas to get you started:

- + From October through February provide employees with monthly flu prevention health education using a mix of print and digital communications.
- + Reduce absenteeism during flu season by 5% in comparison to the prior year.
- + Achieve 50% employee participation in flu vaccination, measured though participation in on-site events and medical claims.

Allocate financial resources

Allocate part of your annual wellness program budget to support your flu prevention campaign. Consider expenses that are needed to implement your initiatives – like communication materials, healthy habit promotional items, technology investments to support employees working remotely, and on-site flu shot clinics.

Check out these [budget considerations](#) and [incentive ideas](#). If you choose to offer a reward as part of your campaign, make sure to review these [legal considerations](#).



Develop a plan

Based on your goals and budget, create a plan that outlines what, when, and how success will be measured. Consider implementing a combination of programs, policies, environmental changes, and other benefits and perks. Here's an idea to get you started:

- + Initiative: On-site flu shot clinic
- + Timing: October 12
- + Goal: Achieve 35% employee participation in on-site flu shot clinic
- + Accountability: Well-being program manager; on-site clinic provider



Learn more about how other employers support flu prevention in the [Engage section](#) of this toolkit.





Develop a comprehensive communication plan

Effective communication is essential to inform your employees about your program, generate buzz and create enthusiasm. Work with your planning committee to determine the best methods for communicating with employees – you'll need to use multiple delivery channels and create messaging that resonates with your employees. Your communication plan should include:

Communication channels

Include a mix of print and digital materials. Tap into existing communication channels, such as email, flyers, postcards, newsletters, intranet, social media, videos, team meeting announcements, organization-wide events, new-hire onboarding/orientation, and leadership trainings.

Target audiences

Be sure your messaging and communication channels reach the unique segments of your population.

Timeline

Create a schedule for when each communication will be sent. Plan to start early and communicate often.

Accountability

Determine who will be accountable for creating the content and delivering each message.



Download the flu prevention communication templates in the [appendix](#).



Communications tips

Here are a few tips to help spread the word:

- + Modify the communication materials so they resonate with your employees and the organization's culture.
- + Get the messages to leaders – supervisors, wellness committee members, wellness champions – and make it easy for them to share the information.
- + Use a variety of communication methods.
- + Make it social. Use an organization-wide event like an all-staff meeting to help launch the campaign.
- + Consider tying it to an incentive or promotion.



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Engage

Incorporate best practices, and communicate frequently and in a variety of ways.





Implement a flu prevention campaign

Incorporate relevant strategies and interventions

It's important to implement a combination of programs, policies, environmental changes, and benefits to support your organization's well-being initiatives. Consider incorporating the following best practices into your organization's flu prevention strategy:

Programs

- ✔ Promote healthy habits and self-care, like eating a balanced diet, being physically active, getting adequate sleep and managing stress.
- ✔ Launch a flu prevention communications campaign and encourage an annual flu vaccine.
- ✔ Promote preventive care – remind employees to visit their primary care provider for their annual wellness visit and to stay up-to-date on preventive screenings and immunizations.

Policies

- ✔ Allow employees to use their work time for preventive care visits, including the flu vaccine.
- ✔ Provide employees with PTO for sick days, which can also be used for caretaking sick family members.
- ✔ Allow flexible scheduling and remote work environments, when feasible.
- ✔ Implement meeting and travel policies during flu season (i.e., limit in-person meetings and reconsider travel to areas with high illness rates).
- ✔ Encourage social distancing guidelines during flu season.

Environment

- ✔ Provide sanitary supplies, such as disinfectant wipes, tissue and hand sanitizer, in common spaces and at individual workstations.
- ✔ Install touchless soap and paper towel dispensers in restrooms and breakrooms.
- ✔ Offer on-site flu shot clinics.
- ✔ Install hand sanitizer dispensers near entry to buildings and conference rooms.
- ✔ Ensure common areas and shared supplies are frequently cleaned, such as breakroom coffee makers and refrigerators.

Benefits and perks

- ✔ Offer health care benefits that offer preventive care services, like flu shots, covered in full when service is rendered by an in-network provider or pharmacy.
- ✔ Provide an incentive for participating in programs or events.
- ✔ Promote healthy habits with useful items like water bottles or masks.



Utilize multiple communication channels

The following materials will help you inform employees about the importance of flu prevention and promote your on-site flu shot clinic. Remember to use multiple approaches and disseminate frequent communications to reach your population. Several of the resources are fillable PDFs to complete with your event details. These materials can be customized by importing the file into design software and then adding your organization’s name or logo. Many of these resources are found in the [Appendix](#).

Flu prevention materials

Flyer: “Fight the flu”

Print copies and hang in common areas, such as stairwells, elevators, restrooms, breakrooms, lunch rooms, etc.



Flyer: “Is it a cold or the flu?”

Print copies and hang in common areas, such as stairwells, elevators, restrooms, breakrooms, lunch rooms, etc.



Flyer: “Protect yourself and your loved ones”

Print copies and hang in common areas, such as stairwells, elevators, restrooms, breakrooms, lunch rooms, etc.



Email: “Get a flu shot”

Send as an attachment to all employees.



Video: “Fight the flu”

Share on your organization’s intranet, social media accounts, blog or newsletter.



On-site flu shot clinic promotional templates

Flu shot clinic flyer

Print copies and hang in common areas, such as stairwells, elevators, restrooms, breakrooms and cafeterias.



Flu shot clinic postcard

Print copies and hand out during team meetings or leave in visible common areas (double-sided).



Flu shot clinic email

Send as an attachment to all employees. If doing electronic sign-ups for flu shots, add a hyperlink on the "Sign up here" button. If not, edit the button to read "Add it to my calendar" then create a calendar appointment for the event, save this as an .ics file, and then attach this file to the button as a hyperlink.



Web content

Incorporate content into organization's social media accounts, blog, intranet or newsletter.



Accountability of implementation

Regardless of your initiatives, you're going to need help engaging employees and spreading the word. It's important that leaders at all levels support and engage in the campaign. Involve your leadership team and well-being champions in the following ways:

- + Encourage leadership and managers to lead by example by getting a flu shot and staying home when they're sick.
- + Your leadership team and well-being committee members should all promote your flu prevention strategies, whether that includes an on-site flu shot clinic, encouraging employees to stay home when they are sick or reminding employees to practice healthy habits.
- + If you're hosting an on-site flu shot clinic, recruit well-being committee members and volunteers to assist with event coordination, promotion and day-of logistics like set-up and clean-up.

A meaningful incentive strategy

You may have decided to incentivize your campaign activities to drive employee engagement. Remember to reward health actions that are relevant, attainable and accessible for all employees. Offer a variety of incentives to resonate with a wide-range of employees.

- + If you're hosting an on-site flu shot clinic, consider offering surprise drawings for people who have signed up for the event to encourage more people to register.

A plan for sustaining engagement

It's important to keep employees engaged in your campaign throughout flu season so they continue healthy habits and prevention strategies. Some people may feel safer after getting a flu shot. Still, continue to communicate the importance of regular hand washing, disinfecting surfaces, staying home when sick and maintaining a strong immune system.



Consider these strategies to increase engagement for on-site flu shot clinics:

- ✔ Allow employees to receive the vaccine while on the clock.
- ✔ Hold the clinic during hours that accommodate all shifts.
- ✔ Invite spouses and dependents to attend.
- ✔ Reach out to employees who did not attend and provide them with information on where they can receive a vaccine.



Assess

Review participation data and employee satisfaction to assess strengths and areas for improvement.



Evaluate campaign impact



It's important to assess your flu prevention campaign. Did it meet its goals? Can you determine campaign strengths and identify improvement opportunities? To better understand if you achieved the objectives you set for your campaign, you need to measure them. As you design your evaluation strategy, consider:

Participation and engagement

Reflect back on the SMART goals you set for your campaign. Your goals may have included launching communication materials, employee participation in flu vaccinations or absenteeism during flu season. Did you achieve your goals?

Participation in flu vaccines can be measured in several ways, depending on how your campaign is structured:

On-site flu shot clinic data

If you hosted an on-site flu shot clinic, ask the vendor to provide a participation report.

Annual reporting with flu vaccination claims

Providence Health Plan offers health engagement reporting. Ask your account manager or health management consultant for more information.

Wellness assessment results

The Providence Health Plan wellness assessment asks participants whether or not they received a flu vaccine in the past year.

Self-reported data

Applicable if you require employees to complete a self-attestation form as part of your well-being program.

Satisfaction

Assess how the flu prevention campaign met employee expectations. Launch a post-campaign feedback survey to find out if employees were satisfied with things like:

- + Accessibility of information or services.
- + Convenience of options.
- + Campaign strategies and offerings (programs, policies environmental modifications, etc.).
- + On-site flu shot clinic experience, as applicable.
- + Frequency and methods of communication.

Productivity and performance

In addition to participation data, measure how employee health impacts their work by assessing the amount of time away from work due to illness (absenteeism) and loss of productivity due to health status (presenteeism).

Absenteeism due to poor health

Measure it using reports of unscheduled absences.

Productivity

Review wellness assessment results where employees self-report presenteeism.



Prepare for future campaigns

Discuss and document strengths and opportunities

Hold a debrief meeting after the flu prevention campaign wraps up for the well-being committee and volunteers to discuss employee feedback, what went well and what improvements could be made. Reflect on campaign goals, effective communication methods and challenges you encountered. Document this information for future campaigns. If you held an on-site flu shot clinic, it may also be helpful to include the following:

- + Vendor name and names of on-site staff
- + Event dates, times and sign-up method
- + Number of attendees and whether or not you met your participation goal
- + Include any participant or vendor testimonials, anonymously
- + Record your budget and final costs of the event
- + Note any issues that came up during the event and how you solved them
- + Include recommendations you or the well-being committee have for future events







Appendix

Employer resources

35

- + Plan a flu prevention campaign
- + Common flu prevention strategies
- + Additional resources

Flu prevention resources

40

- + Flyer: “Fight the flu”
- + Flyer: “Is it a cold or the flu?”
- + Flyer: “Protect yourself and your loved ones”
- + Email: “Get a flu shot”

On-site flu shot templates

44

- + Flyer
- + Postcard
- + Email
- + Web content

Launch a flu prevention campaign

Investing in workplace wellness can have a positive impact on employee health, organizational culture and even the communities where we live, work and play. Take purposeful action by implementing an integrated approach to employee health and well-being following these steps:

Identify

Your workplace and your employee population is unique, so it's important to develop a program that targets personal and organizational health goals. Identify the needs and interests of your population by assessing factors that influence well-being, like:

Employee health risks

Collect data from a wellness assessment survey, an on-site flu shot clinic, and/or medical and pharmacy claims.

Community impacts

Assess how you can partner with local, in-network providers and pharmacies.

Organizational culture, environment and policies

Complete an organizational scorecard and/or review our list of flu prevention employer strategies.

Design

As you design the plan for your campaign, make sure to include elements that will help hold you accountable in achieving success, such as:

- + Outlining realistic goals based on the needs of your population.
- + Building a diverse communications strategy using multiple delivery channels.
- + Developing an annual plan that outlines what, when, and how success will be measured. Incorporate a combination of programs, policies, environmental changes, and benefits.
- + Allocating financial resources.

Engage

Health is a result of both individual actions and the environment in which we work, live and play. As an employer, you have the opportunity to impact your employee population in adopting healthy behaviors by creating a supportive workplace.

As you implement your initiatives, it's important to consider:

- + A relevant and comprehensive combination of strategies and interventions.
- + A meaningful incentive strategy.
- + Who will be accountable to help you implement the program.
- + A plan for sustaining engagement.
- + A diverse communications strategy.

Assess

In order to understand if wellness program objectives were met, you need to measure the results. An effective evaluation strategy can help foster continuous improvement, demonstrate outcomes to leadership, understand financial impacts, and understand the impact on employee well-being, engagement and satisfaction.

As you design your evaluation strategy, it's important to consider:

- + Participation and engagement
- + Productivity and performance
- + Satisfaction



Common work place strategies for employee health

- ✔ Promote healthy habits and self-care, like eating a balanced diet, being physically active, getting adequate sleep and managing stress.
- ✔ Promote preventive care – remind employees to visit their primary care provider for their annual wellness visit and to stay up-to-date on preventive screenings and immunizations.
- ✔ Launch a flu prevention communication campaign and encourage an annual flu vaccine.
- ✔ Allow employees to use their work time for preventive care visits, including the flu vaccine.
- ✔ Provide employees with PTO for sick days, which can also be used for caretaking sick family members.
- ✔ Allow flexible scheduling and remote work environments, when feasible.
- ✔ Implement meeting and travel policies during flu season (i.e., limit in-person meetings and reconsider travel to areas with high illness rates).
- ✔ Encourage social distancing guidelines during flu season.
- ✔ Provide sanitary supplies in common spaces and at individual workstations, such as disinfectant wipes and facial tissues.
- ✔ Install touchless soap and paper towel dispensers in restrooms and breakrooms.
- ✔ Offer on-site flu shot clinics.
- ✔ Install hand sanitizer dispensers near entry to buildings and conference rooms.
- ✔ Ensure common areas and shared supplies are frequently cleaned, such as breakroom coffee makers and refrigerators.
- ✔ Offer health care benefits that offer preventive care services, like flu shots, covered in full when visiting an in-network provider or pharmacy.
- ✔ Provide an incentive for participating in programs or events.
- ✔ Provide employees with goods like water bottles or masks to promote healthy habits.



Learn more

Industry Resources

[Centers for Disease Control and Prevention](#)

[Occupational Safety and Health Administration](#)

[Oregon Health Authority](#)

Providence Resources

[Organize an on-site flu shot clinic](#)







Fight the flu!

Stay healthy this flu season



Get a flu shot

Protect yourself, protect others – everyone age six months and older should get the flu vaccine each year.



Cover your cough

Cover your mouth and nose with a tissue or the inside of your elbow when you cough or sneeze.



Wash your hands and disinfect

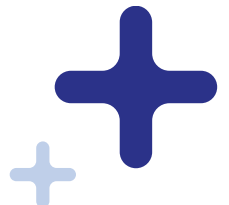
Wash your hands often with soap and warm water, or use an alcohol-based hand sanitizing rub, and regularly disinfect shared surfaces.



Get plenty of sleep

If you get sick, stay at home at least 24 hours after your fever is gone.

Visit [ProvidenceHealthPlan.com/findaprovider](https://www.providencehealthplan.com/findaprovider) to find flu shot locations.





Symptoms may overlap.

Is it a cold or the flu?

Cold

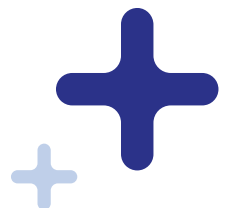
Onset: **Gradual**
Cough: **Produces phlegm or mucus**
Sore throat: **Common**
Runny or stuffy nose: **Common**
Sneezing: **Common**
Aches and pains: **Mild**
Fever: **None or mild (less than 100° F)**
Headache: **Mild**
Fatigue: **Mild**
Duration: **7-10 days, some symptoms may last up to 2 weeks**

Flu

Onset: **Sudden**
Cough: **Usually dry**
Sore throat: **Sometimes**
Runny or stuffy nose: **Sometimes**
Sneezing: **Sometimes**
Aches and pains: **Common**
Fever: **Common (100° F and above)**
Headache: **Common, severe**
Fatigue: **Common**
Duration: **5-7 days, some symptoms may last up to 2 weeks**

Speak with a registered nurse anytime, any day. An easy first step when you have symptoms and you want to know if you need face-to-face care. It's always free.

Call ProvRN at **800-700-0481** or **503-574-6520**.





Protect yourself and your loved ones. Get your flu shot today!

01 | It's the best way to prevent the flu

The CDC recommends that everyone age six months and older get the flu vaccine each year. There is no cure for the flu so it's best to prevent it in the first place.

02 | Your friends and family will thank you

Protect others by limiting the spread of the flu. People age 65 and older, those with chronic conditions, pregnant women and children are more likely to experience severe flu symptoms or complications.

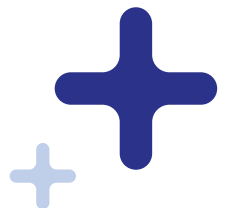
03 | You need ongoing protection

Your immune response gradually declines and viruses evolve quickly, so last year's vaccine may not protect you from getting sick. An annual vaccine is required to provide ongoing protection.

04 | It's covered by your health insurance

Most health plans fully cover the cost of the flu vaccine. Check with your health plan for a list of participating pharmacies or visit your in-network primary care provider.

Visit [ProvidenceHealthPlan.com/findaprovider](https://www.providencehealthplan.com/findaprovider)
to find flu shot locations.



Get a flu shot



Protect your community

With rare exception, the Centers for Disease Control and Prevention (CDC) recommends everyone age six months and older get a flu shot each year.

A flu shot can be especially important for:

- + People with asthma, diabetes, and heart and lung disease
 - + Pregnant women
 - + Children

Flu shots (vaccine and administration) are covered in full at participating pharmacies. You may be charged an administrative fee for flu shots provided through your provider or a clinic.

[Find a flu shot location](#)



Get your flu shot!

Stay healthy this flu season

(add information about the flu shot event – walk-in/how to set an appointment, what to bring, if spouses/dependents are invited)

- + [add]
- + [add]
- + [add]

Date:

Time:

Location:

Questions?

Contact:

Getting a flu shot is important. If you're unable to attend the on-site event, find flu shot locations at [ProvidenceHealthPlan.com/findaprovider](https://www.providencehealthplan.com/findaprovider)

Get your flu shot!



(add company logo)



(add information about the flu shot event – walk-in/how to set an appointment, what to bring, if spouses/dependents are invited)

Date:

Time:

Location:

Questions?

Contact:

Getting a flu shot is important. If you're unable to attend the on-site event, find flu shot locations at [ProvidenceHealthPlan.com/findaprovider](https://www.providencehealthplan.com/findaprovider)



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Fight the flu!



Get a flu shot

Protect yourself, protect others – everyone age six months and older should get the flu vaccine each year.



Cover your cough

Cover your mouth and nose with a tissue or the inside of your elbow when you cough or sneeze.



Wash your hands and disinfect

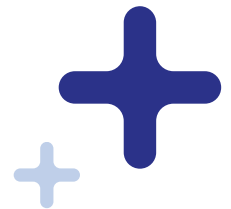
Wash your hands often with soap and warm water, or use an alcohol-based hand sanitizing rub, and regularly disinfect shared surfaces.



Get plenty of sleep

If you get sick, stay at home at least 24 hours after your fever is gone.

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Cover your mouth and nose with a tissue or the inside of your elbow when you cough or sneeze.



Wash your hands and disinfect

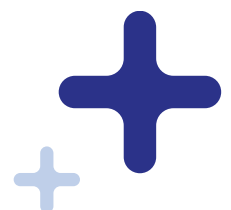
Wash your hands often with soap and warm water, or use an alcohol-based hand sanitizing rub, and regularly disinfect shared surfaces.



Get plenty of sleep

If you get sick, stay at home at least 24 hours after your fever is gone.

Visit [ProvidenceHealthPlan.com/findaprovider](https://www.providencehealthplan.com/findaprovider) to find flu shot locations.





Get your flu shot!

(add information about the flu shot event – walk-in/how to set an appointment, what to bring, if spouses/dependents are invited)

- + [add]
- + [add]
- + [add]



Date:
Time:
Location:

[Sign up here](#)

Questions?
Contact:

Getting a flu shot is important. If you're unable to attend the on-site event, find flu shot locations at [ProvidenceHealthPlan.com/findaprovider](https://www.providencehealthplan.com/findaprovider)



Web content



Stay healthy this flu season

Join us for

[Organization name] on-site flu shot clinic

[add information about the event – walk-in/how to set an appointment, what employees need to bring, if spouses/dependents are invited]

Date:

Time:

Location:

Hope to see you there!

Questions?

Contact





We all deserve True Health

When employees are healthy, they're inspired to do great things for their companies, their communities, and the world at large. Healthcare is a human right — everyone has a right to quality healthcare. We're dedicated to the health and care of every member of our community because everyone's well-being matters.

For questions about your well-being program, contact
WorkplaceWellness@providence.org

[ProvidenceHealthPlan.com](https://www.providencehealthplan.com)