



September 15, 2009

Dear USU Employees:

Did you miss the USU Immunization Clinic on September 14th? No worries! USU Human Resources' Wellness Program has you covered! We encourage you to get your flu vaccine as soon as you can.

We recommend that you get the Flu Shot or FluMist at the Bear River Health Dept. They are located at 655 East 1300 North (one block east of Logan Regional Hospital.) They are open 7:30 am - 6:00 pm, Monday-Thursday (closed Friday). The cost for the flu shot or flu mist is \$25. Their phone number is 435-792-6500.

However, you may get your flu vaccine anywhere it is most convenient.

We will reimburse benefit eligible USU employees - those with Blue Cross / Blue Shield insurance cards - (and one additional dependent - either a spouse/partner or a child) \$15 each for the flu shot during the months of September and October, if you attach your receipt to our reimbursement form available on the website: www.usu.edu/wellness. Just send the paperwork to UMC 8800, attention Sharon Hislop. Thanks for protecting yourself against the seasonal flu!

When we get more information about the H1N1 flu vaccine, we will send out an announcement. We expect to have the vaccine in mid-October for higher risk groups (ages 6 months-19 years, pregnant women, those with medical conditions including diabetes, asthma, heart disease, and caregivers to these groups).

Aloha and Be Well.

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