

2009 Medica's Worksite Flu Vaccine Program Q&A

As your organization's health plan provider, Medica is pleased to offer its worksite flu vaccine program to you. To schedule a date for your worksite flu vaccine clinic, call one of the participating worksite providers listed below. If you choose to schedule a worksite flu clinic other than with the participating providers listed below, the claims will be processed according to the *member's benefit* with no exceptions.

- **Minnesota Visiting Nurse Agency (MVNA)**
Contact: Jeannette Baumgartner at 612-617-4512 or Marty Tierney at 612-617-4724 or 877-854-1755
Service Area: Minnesota; west central Wisconsin (Hudson, LaCrosse, Ellsworth, Grantsburg, Eau Claire)
Minimum Participants: A minimum of 25 participants per site with Medica members and non-members combined.
Age Qualifications: Four years of age and older
- **Maxim Health Systems**
Contact: Darrell Naeger or Dionne Fowlkes at 314-692-7445 or 800-491-9404
Service Area: National
Minimum Participants: A minimum of 30 participants per site with Medica members and non-members combined.
Age Qualifications: Nine years of age and older
- **Homeland Health Specialists**
Contact: Marlys Dahlin or Marge Kern at 763-746-8061 or 877-746-8060
Service Area: Minnesota, Wisconsin and Sioux Falls, South Dakota
Minimum Participants: A minimum of 15 participants per site with Medica members and non-members combined.
Age Qualifications: Three years of age and older
- **JobCare Occupational Health Services, a service of Fairview University Medical Center-Mesabi**
Contact: Jane Brownlee or Diana Thornton at 218-362-6379
Service Area: Northern Minnesota: Hibbing, Duluth, Grand Rapids, Virginia and International Falls, including sites within a 100-mile radius of these locations.
Minimum Participants: A minimum of 30 participants per site with Medica members and non-members combined.
Age Qualifications: Nine years of age and older

Why does Medica provide the worksite flu clinic program?

Because it makes good business sense. Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination each year. An estimated 5 to 20 percent of U.S. residents get the flu each year, causing companies to lose countless hours of employee work time. Additionally, more than 200,000 U.S. residents are hospitalized annually for flu-related complications, and roughly 36,000 people die.

What does this vaccination help prevent?

The vaccination helps to prevent the respiratory flu, which has symptoms of fever, body aches, headache, cough and weakness that can last up to a week. The vaccination does not help to prevent colds or the stomach flu.

How long before the vaccine takes effect?

It takes 7–10 days (often up to two weeks) for the flu vaccine to become fully effective in the body. However, once people are vaccinated, they immediately build antibodies and build up some immunity within a day or two.

How is the Medica's worksite flu vaccine program structured?

- Fully insured and self-insured employer groups are eligible to participate in the program.
- Groups must follow the minimum requirements and age requirements per the participating vendor of choice.
- Medica members must present their Medica ID card to receive their shot. Non-members can receive a flu vaccine for an affordable fee.
- The costs for Medica members' flu shots are sent through the standard claims processing.
- If an employer chooses a Medica non-participating worksite flu clinic provider the claims will be processed according to the member's benefit with no exceptions.
- Please contact the participating provider of choice to discuss fees and payment options for non-members.

If we schedule a clinic, what needs to happen?

You must designate a representative from your organization to coordinate your site(s) scheduling, employee communication plan, pre-registration process and member registration process the day of the program.

How are the costs of the flu vaccine charged?

- The costs for Medica members' flu shots are sent through the standard claims processing.
- If yours is a fully insured group, flu vaccine claims are processed by the vendors in the same manner as any other service provider.
- If yours is a self-insured group, your group will see the claims in future billings.

As an alternative, are there other places where Medica members can receive their flu vaccine?

Medica members can make an appointment with their primary care doctor or visit a public flu vaccine clinic. Public flu vaccine clinics will be subject to following the Center for Disease Control Early Screening Guidelines. Beginning Sept. 14, 2009, the Medica website will feature links to the MVNA and Maxim websites listing their scheduled community clinics and hours based on zip codes. To access this resource, go to www.medica.com, click on Flu Tips & Clinics, click on Find a Flu Shot Clinic.

What can I do to help stop the spread of flu?

Encourage employees to practice the following healthy habits in protecting themselves and others, including:

- Cover your nose and mouth with a tissue when you cough or sneeze – throw the tissue away after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based hand cleaner.
- If you do not have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Stay away -- as much as you can -- from people who are sick.
- If you get the flu, stay home from work or school. If you are sick, avoid going near other people.
- Try not to touch your eyes, nose or mouth as germs often spread this way.
- Get regular exercise, enough rest and eat healthy, balanced meals.

To share these tips with your employees, download a ready-made flu prevention newsletter at medica.com>Health and Wellness>Plan Workforce Activities.

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What is Medica doing to prepare for the H1N1 flu pandemic?

Medica is closely monitoring the H1N1 flu situation and is prepared to respond to the pandemic should it impact our members. When an H1N1 vaccine becomes available, more information will be posted on medica.com>Health and Wellness>Plan Workforce Activities. If you have questions, you can contact the Medica CallLink® nurse line at 1-800-962-9497 or for more information visit www.cdc.gov/h1n1flu/.

Where can I find the most current information about flu vaccination supply and recommendations/restrictions on immunizations?

Medica updates its website with information gathered from either the Centers for Disease Control and Prevention, www.cdc.gov/flu or the Minnesota Department of Health, www.health.state.mn.us/immunize.