

2010 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 clinic, call one of the providers listed below. If you use any other provider, Medica will pay the resulting claims based on the member's benefits for non-participating provider coverage, with no exceptions.

- **Minnesota Visiting Nurse Agency (MVNA)**
Contact: Jeannette Baumgartner at 612-617-4512 or Marty Tierney at 612-617-4724 or 612-617-4784
Service area: Minnesota; west central Wisconsin (Hudson, LaCrosse, Ellsworth, Grantsburg, Eau Claire)
Minimum participants: At least 25 per site, Medica members and non-members combined.
Minimum age: Three years
- **Mollen Immunization Clinics**
Contact: Lynn Johnston, 480.214.2004 or lynn@mollen-clinic.com
Service area: National
Minimum participants: At least 25 per site, Medica members and non-members combined.
Minimum age: Four years
- **Homeland Health Specialists**
Contact: Brenda Johnson at 763-746-8060 or 877-746-8060.
Service area: Minnesota, Wisconsin and Sioux Falls, South Dakota.
Minimum participants: At least 15 per site, Medica members and non-members combined.
Minimum age: Three years.
- **JobCare Occupational Health Services, a service of Fairview**
Contact: Jane Brownlee or Diana Thornton at 218-312-3017.
Service area: Northern Minnesota: Hibbing, Duluth, Grand Rapids, Virginia and International Falls, including sites within a 100-mile radius of these locations.
Minimum participants: At least 30 per site, Medica members and non-members combined.
Minimum age: Nine years.
- **Medcenter One Occupational Health Clinic**
Contact: Kyle Darras, FNP @ 701-323-5857
Service area: Bismarck and Dickinson, ND including 40 mile service area. Employers may be charged mileage and an hourly rate for travel outside of the Bismarck and Dickinson city limits.
Minimum participants: At least 20 participants per site.
Minimum age: Nine years.

Why does Medica provide the worksite flu clinic program?

It just 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. Every year in the United States, on average 5% to 20% of the population gets the flu; more than 200,000 people are hospitalized from flu complications, and; about 36,000 people die from flu-related causes. Some people, such as older people, young children, pregnant woman, and people with certain health conditions, are at high risk for serious flu complications.

During 2009-2010, a new and very different flu virus ([2009 H1N1](#)) spread worldwide, causing the first flu pandemic in more than 40 years. This episode resulted in more than 12,000 flu-related deaths in the U.S. In contrast to seasonal flu, nearly 90 percent of the deaths occurred among people younger than 65 years of age.

What does this vaccination help prevent?

This vaccine helps prevent influenza, also called the flu, which is a contagious respiratory illness caused by influenza viruses. People who have the flu often feel some or all of these symptoms: fever, body aches, headache, cough, sore throat, and fatigue that can last up to a week. Some people may also have vomiting and diarrhea, although this is more common in children than adults. The vaccination does not help to prevent colds or the stomach flu.

Will the 2010 flu vaccine include H1N1?

Yes, the vaccine for H1N1 will be included in the 2010 vaccine. Human flu viruses continually change so the vaccines are updated each year to include the most common strains of the flu. If you have questions, you can contact the Medica CallLink® nurse line at 1-800-962-9497 or visit www.cdc.gov.

How long before the vaccine takes effect?

About two weeks after vaccination, antibodies develop that protect against influenza virus infection.

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 worksite flu clinic provider other than the participating providers listed above, Medica will pay the resulting claims 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 site coordinator from your organization to coordinate your site(s) scheduling, employee communication plan, pre-registration process, and member registration process the day of the program. The site coordinator will work directly with the worksite flu clinic provider.

How are the costs of the flu vaccine charged?

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

How can I organize a worksite flu vaccine program?

First, contact one of the participating worksite flu clinic vendors to schedule your flu clinic. Next, visit medica.com/employers and look for "Flu clinic resources" to find help materials for setting up your clinic. The Medica Service Center is available to answer your questions or you can email your questions to medicaservicecenter@medica.com

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. 13, 2010, medica.com/employers will feature links to vendor websites listing their scheduled community clinics and hours based on zip codes.

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

Encourage your employees to practice these healthy habits to protect themselves and others:

- Cover your nose and mouth with a tissue when you cough or sneeze – throw the tissue away after you use it.
- If you do not have a tissue, cough or sneeze into your upper sleeve, not your hands.
- 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.
- 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.

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

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