



Time to schedule your worksite flu clinic

Dear Valued Customer:

Each year, up to a fifth of Americans get the flu. Of those, 200,000 are hospitalized with complications and 36,000 die. The flu is not the cold. It's a contagious respiratory illness caused by viruses. People with flu can experience fever, body aches, headache, cough, sore throat, and fatigue that can last up to a week. The best way to avoid the flu is by getting vaccinated each year.

We know how important it is to keep your workforce healthy and productive. We are therefore pleased to again offer you our Worksite Flu Vaccine Program.

To participate:

- Designate a coordinator for each of your sites to handle scheduling, promotion, and registration.
- Contact one of the providers listed on the back of this letter to schedule your clinics. Please note the different geographic and age requirements for each.

A few important points:

- Fully and self-insured groups can participate.
- Medica has special arrangements with a limited number of providers. If you use a different provider, we will pay the resulting claims based on the member's benefits and the provider's status with Medica. *We will not make any exceptions to this policy.*
- If the vaccine is not available, your clinic will be rescheduled.
- Medica members must present their Medica ID card to receive their shot.
- Non-Medica members can be vaccinated for an affordable fee. Discuss this with the provider.

If you have any questions, please call the Medica Service Center at 952-992-2200 (1-800-936-6880), or email medicaservicecenter@medica.com

Sincerely,

Kevin Ronneberg, MD
Medical Director



Participating flu vaccine providers

The following providers are available to provide flu vaccine clinics in 2011. If you use a different provider, Medica will pay the resulting claims based on the member's benefits and the provider's status with Medica. This may result in higher costs. *Medica will not make any exceptions to this policy.*

Minnesota Visiting Nurse Agency (MVNA)

Contact: Linda Peterson at 612-617-4512, Marty Tierney at 612-617-4724, or Cathy Lingenfelter at 612-777-8456.

Area: Minnesota, West Central Wisconsin (Hudson, La Crosse, Ellsworth, Grantsburg, Eau Claire).

Minimum participants: At least 15 per site, Medica members and non-members combined.

Minimum age: 3

Mollen Immunization Clinics

Contact: Lynn Johnston at 480-214-2004 or lynn@mollen-clinic.com

Area: National

Minimum participants: At least 25 per site, Medica members and non-members combined.

Minimum age: 4

Homeland Health Specialists

Contact: Brenda Johnson at 763-746-8060 or 877-746-8060

Area: National

Minimum participants: At least 20 per site, Medica members and non-members combined.

Minimum age: 3

JobCare Occupational Health Services (A service of Fairview)

Contact: Jane Brownlee or Diana Thornton at 218-312-3017

Area: Northern Minnesota (Hibbing, Duluth, Grand Rapids, Virginia, International Falls and surrounding communities). Employers may be charged mileage and an hourly rate for travel outside of the designated service area.

Minimum participants: At least 30 per site, Medica members and non-members combined.

Minimum age: 9

Medcenter One Occupational Health Clinic

Contact: Wanda Binstock, RNC 701-323-8861

Area: Minot, Bismarck and Dickinson ND including 40 mile service area. Employers may be charged mileage and an hourly rate for travel outside of the Minot, Bismarck and Dickinson city limits.

Minimum participants: At least 15 per site.

Minimum age: 9