

# Help your employees protect themselves from the flu



The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.<sup>1</sup>

Employers can help their employees stay healthy while lowering health care costs by providing on-site flu shot events.

## On-site flu shot events

The Optum® on-site flu program makes it convenient for employees to get their flu vaccine while reducing time away from work. The on-site program is easy for employers to implement and can be combined with other Optum programs and services, such as biometric screenings, to support employees' health and well-being. A marketing toolkit is available to help employers build awareness of, and participation in, on-site programs. Our vendor partners can provide flu shots in all 50 states.

## Frequently asked questions

What type of flu vaccine will be offered for the 2024–2025 season?

For the 2024–2025 seasonal vaccine, our vendor partners will be exclusively offering the trivalent flu vaccine.<sup>2</sup>

How long does it take for the vaccine to fully take effect?

The vaccine takes about 2 weeks to stimulate a full immune response in the body.



By providing a convenient way for employees to get their flu vaccine, you may see increased participation, decreased medical costs and fewer flu-related absences.

Flu shot events are available September through January to eligible adults 18 and older and may require a minimum number of participants to be available.

1. Centers for Disease Control and Prevention. CDC says "take 3" actions to fight flu. [cdc.gov/flu/prevent/prevention.htm](https://www.cdc.gov/flu/prevent/prevention.htm). Updated August 31, 2022. Accessed May 8, 2023.

2. [cdc.gov/flu/spotlights/2023-2024/trivalent-vaccines-2024-2025.htm](https://www.cdc.gov/flu/spotlights/2023-2024/trivalent-vaccines-2024-2025.htm)

## Who is eligible to be vaccinated?

Eligible participants must be 18 years of age or older. Participants that fall into any of the following categories will not be vaccinated under our program:

- Pregnant and nursing women – may be subject to state regulations
- People with an illness or fever at the time of immunization
- Other medical conditions as noted on the consent form

## When should individuals get a flu vaccination?

The CDC recommends that individuals should begin getting vaccinated soon after the flu vaccine becomes available – by October, if possible – to ensure that as many people as possible are protected before flu season begins. However, it's not too late to get vaccinated throughout the flu season, even into January or later.

## Are there any side effects to the flu vaccine?

For most people, there are no side effects to vaccination. Those receiving flu shots may experience redness or minor soreness and pain at the injection site. Occasionally, people may have a low-grade fever and muscle aches for 1-2 days after the injection, but these symptoms are usually mild. Rarely, people may experience a severe allergic reaction. If you experience an allergic reaction, please seek medical attention right away. Tell your doctor what happened, the date and time it happened, and when you got the flu shot.

**Contact your Optum  
Biometrics representative  
for more info or email:**

[worksitewellness@optum.com](mailto:worksitewellness@optum.com)



### **optum.com**

Optum is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.

This event is administered by Optum, a health and well-being company that provides information and support as part of your health or wellness plan. Services are provided by Optum Biometrics, Inc. or other partner. Participation in this event is voluntary and is not a substitute for your doctor's care. Please discuss with your doctor whether it is appropriate for you to get the vaccine. The flu shot may not prevent disease in all individuals. All vaccines have side effects. The most common side effects of the flu shot include local reactions and mild general symptoms. In accordance with state law, pregnant women in some states are not eligible to participate in this flu vaccination program. Your health information is kept confidential in accordance with law.

© 2024 Optum, Inc. All rights reserved. WF13888459 06/24