



Offered to you by The Hartford

## The Hartford

### Onsite Flu Shot Clinics

### Frequently Asked Questions

#### Who is eligible for a flu shot?

Flu shots are free to all employees. Vendors, agency temps, family members, and anyone under the age of 18 cannot receive the flu shot at The Hartford's flu shot clinics.

#### Who will give the flu shots?

The Hartford has partnered with TotalWellness to provide flu shots. Nurses from TotalWellness will come onsite for flu shot clinics.

#### Who should get a flu shot?

According to the CDC, all people 6 months of age and older should get the flu vaccine, including healthy people and people with chronic medical conditions. There are some people who should not get a flu vaccine without first consulting a physician. These include:

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction to an influenza vaccination.
- Children younger than 6 months of age (influenza vaccine is not approved for this age group), and
- People who have a moderate-to-severe illness with a fever (they should wait until they recover to get vaccinated.)
- People with a history of Guillain–Barré Syndrome (a severe paralytic illness, also called GBS) that occurred after receiving influenza vaccine and who are not at risk for severe illness from influenza should generally not receive vaccine.

#### When will the flu shots be administered?

Onsite flu shots will be administered from mid-September through October at The Hartford's locations with 50 or more employees. Employees will be able to view available locations on and dates *iConnect*.

#### What should I wear to the flu shot site?

Please wear clothing that enables easy access to the upper arm, (i.e. short sleeves, loose-fitting shirt or layering with a tank top or undershirt). For men who wear dress shirts and ties please loosen or remove tie prior to seeing the nurse. You should be prepared to pull your shoulder out of your shirt, which may require you to unbutton your shirt. There will also be a private area for those participants not wearing clothing that allows access to the upper arm.

#### Where are the flu shots given?

Flu vaccines are administered via intramuscular injection, which means the medication is injected into a muscle, and in this case, the deltoid muscle (the big muscle on your shoulder).

#### What if I am pregnant?

The Centers for Disease Control and Prevention (CDC), the American Congress of Obstetricians and Gynecologists (ACOG), the American College of Nurse-Midwives, the American Academy of Pediatrics, and many other organizations all strongly recommend a flu shot for pregnant women. If you wish to have a preservative-free flu shot, email your request along with a letter from your doctor recommending you have a preservative-free flu shot, to Kristin McLaughlin at [kmclaughlin@totalwellnesshealth.com](mailto:kmclaughlin@totalwellnesshealth.com) or fax to Attn: Kristin at 402-964-0545.

### **How do I sign up for a free flu shot?**

Go to the online registration tool, EmployeeSignup. Select the date you would like to register. Enter your personal information Email, Name and Phone Number. Then select a password. After that you will be able to select the time slot for your flu shot. You will then get a confirmation email. If you need to reschedule your flu shot, you can log in to cancel and pick a new date and time.

### **How were the locations for flu shots determined?**

The opportunity to participate in the onsite flu shot clinics is being offered at locations with at least 50 employees.

### **Can my family participate in flu shot clinics?**

No. The flu shots are only available to employees.

### **Why is The Hartford providing flu shots to employees?**

The Hartford is committed to its employees' health and well being, prioritizing it as one of the most important companywide initiatives. Since 5 to 20% of Americans get the flu each year and receiving a flu shot is the best way to prevent flu infection, The Hartford is offering free onsite flu shots.

### **What is the flu?**

Seasonal flu (or influenza) is a respiratory illness caused by a virus that can be transmitted person to person.

### **How does the flu spread?**

Flu generally spreads when an infected person coughs or sneezes, sending infectious droplets of moisture into the air for others to breathe. A person can also catch the flu by touching a surface where those droplets have fallen.

### **Will I get sick from the flu shot?**

The flu shot does not contain live viruses, so it cannot "give" you the flu. However, the vaccine can trigger an immune response from your body, so you may experience a few temporary mild symptoms, like achy muscles or a low fever.

### **Do I need a flu shot every year?**

To improve your chances of avoiding the flu, you need to get a flu shot every year. Scientists choose three strains of the flu virus to include in the vaccine. This decision is based on international surveillance and what they determine will be circulating the following flu season. Antibodies that provide protection against the flu peak about two weeks after vaccination.

### **What if I can't attend a flu clinic?**

If you are a remote worker, work at a location with less than 50 employees or missed the flu clinic at your site, be sure to get your flu shot at your doctor's office or at a local flu clinic. If you are enrolled in The Hartford's medical plan, there won't be a charge if the provider is in the plan's network. If you have a flu shot in your doctor's office, you will be responsible for the applicable office visit cost; however, the actual vaccination will be free.

### **What if I have additional questions?**

If you have any questions about the flu shot clinics, please call Health Services at 860-547-5662 or email [HartBeat@thehartford.com](mailto:HartBeat@thehartford.com).