



## With COVID-19 around, upkeeping your health is vital during this flu season.



With so much attention focused on coronavirus, many people have postponed routine healthcare appointments from fear of catching COVID-19. While that's understandable, avoiding medical care also comes with some risks. We are all at much greater risk of getting influenza than coronavirus.

Protect yourself and those around you by getting vaccinated. Schedule your flu shot today at any UHA participating pharmacy within the Express Scripts network.

- **Simply show your UHA member ID card at the participating pharmacy**
- **Flu vaccines are covered at \$0 co-pay**
- **Search for a UHA-participating pharmacy at: [uhahealth.com/providers/search](https://uhahealth.com/providers/search)**

*Ask participating pharmacies for their availability of flu shots and details about their safety precautions.*

### For more information go to:

[uhahealth.com/page/seasonal-flu-shot](https://uhahealth.com/page/seasonal-flu-shot) or  
call: Customer Services 808.532.4000 ext. 297

