



Greetings OA team members:

A Missouri autumn can be one of the most beautiful times of the year! As much as we all enjoy watching the leaves change colors, the cooler temperatures, and the return of our favorite football teams, we should be mindful to be preventative with our healthcare. This is important this year more than ever.

According to the Missouri Department of Health & Senior Services, over 100,000 Missourians become sick from the flu in a given year. Many become seriously ill because of the flu. The good news is we have preventive medicine that is available to keep us safe and less likely to spread the virus to those around us. By getting a flu vaccine, you are helping defend yourself and protect others. This prevention will, in turn, help lessen the load of our medical staff with fewer hospitalizations and medical visits.

Your flu vaccine is 100% covered through our state insurance.

In Jefferson City, the Strive for Wellness Health Center has made flu clinics available to ALL active State Employees with MCHCP Medical Coverage! The Strive for Wellness Health Center began offering flu vaccinations on October 1st. Vaccinations are available by appointment only on Monday, Tuesday, Thursday, and Friday. Walk-In Wednesdays are available 9:00am-1:00pm in Harry S. Truman Cafeteria Room #1. For those not in town or on a different insurance provider, please visit your primary care physician or any pharmacy that accepts your spouses insurance.

Clinics will also be available to employees in the Harry S. Truman Building Parking Lot on the following dates below. Tents will be marked for employees.

- Tuesday, October 13th (9am-1pm)
- Tuesday, October 27th (9am-1pm)

For additional details on these events, please see the attached Influenza Immunization Patient Informed Consent Form or call the Strive for Wellness Health Center at (573) 526-3175. For tips on how to protect yourself from the flu, please see the attached Vaccine Information Statement flyer.

I strongly encourage all of you to help in the COVID-19 fight by getting your flu vaccine. We have already gone through so much this year, let's not allow the flu to become another concern. As Dr. Randall Williams said, "Getting a flu shot is one more way to keep us healthier and reduce the strain on our healthcare system."

For more information on the flu, visit both the [MCHCP](#) and the [DHSS](#).

Sincerely,

Sarah

- [Influenza Immunization Patient Informed Consent Form](#)
- [Vaccine Information Statement](#)

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