

# WelCore

Personal and  
Corporate Wellness

# Health

## Sacred Heart Flu Shot Clinic

**Monday  
October 8, 2018  
1:00 PM – 4:00 PM**

Elementary: 1:00 PM – 2:00 PM  
High School: 2:00 PM – 3:00 PM  
Open to the Public: 3:00 PM – 4:00 PM

### **Please Bring Your Insurance Card!**

(A scanned copy or picture of the card is also acceptable)

**Medicare, Railroad Medicare, and Medicaid  
accepted (no co-pay)**

## We File Insurance!!!

**We accept insurance from:**

Aetna  
Blue Cross Blue Shield (any state)  
CCStpa  
Cigna  
EPNI  
Health Partners  
Health Choice Network  
Health Cost Solutions  
Health Net (Tricare)  
Humana  
Choice Care Network  
Medica  
Medicaid  
Medicare  
Medicare Advantage Plans  
Medica  
Humana  
Sanford  
Preferred One  
Railroad Medicare  
Sanford Health  
United Health Group

### The 2018- 2019 available vaccines include:

- Influenza injections for ages 6 months and over, including high dose for seniors
- Tdap for tetanus, diphtheria and pertussis (whooping cough)
- Hepatitis B series (Tdap and Hep B series need to be ordered in advance).

For those children 11 and 12 years old, three vaccines are recommended by the Centers for Disease Control and the Advisory Committee on Immunization Practices to prevent meningitis, whooping cough and certain cancers. For those 16 to 23 years old, a second meningitis vaccine is needed.

Are you interested in a vaccine for shingles (now recommended for those 50 and older)? Contact your insurance company to make sure the vaccine is covered. We can help with that! We anticipate we will have it available this fall. Here is more information about shingles. (This vaccine must be ordered in advance). **WHAT IS**

**SHINGLES?** Shingles is a painful rash caused by reactivation of the same virus that causes chickenpox. The individual lifetime risk of developing shingles is 1 in 3.

**SHINGLES SYMPTOMS-** Over 96% of people who get shingles experience acute pain. Many describe the pain as a burning sensation. The most common complication of shingles is pain that can last for months or even years. **WHAT IS SHINGRIX?** SHINGRIX is the first FDA-approved shingles vaccine in over 10 years for the prevention of shingles (herpes zoster) in adults 50 years and older. It is a 2-dose series proven to be up to 90% effective at preventing shingles in clinical trials.

**Questions? Call WelCore Health at (701) 330-4216**