

October 2015



# The Torch

The official newsletter for Indiana state employees

## Get your flu shot at one of the state sponsored clinics

Kroger pharmacists are hosting a flu shot clinics at many state facilities across Indiana. The clinic at the Government Center campus is **October 14 and 15** from 7:30 a.m. to 3:30 p.m. in Conference Rooms A & B. The Statehouse Atrium is scheduled for **October 20**. If you do not carry State insurance, the cost is \$20 payable by cash or check. **Please Note:** if you plan to bring a child under the age of 11, it is necessary to have a written prescription from the doctor or a pharmacist to administer a flu vaccine. Since preventive care services are covered by the health plan at 100 percent, employees with the state's health plan and their eligible dependents should get vaccinated.



You must bring your **Anthem ID card** and a completed waiver prior to receiving the vaccination:

- [Inactivated shot consent form](#) - **Learn more**
- [Live nasal vaccine consent form](#)

Kroger Pharmacies are also administering vaccines at participating retail locations. Vaccinations may also be administered at your doctor's office, retail pharmacy or nearby walk-in clinic. Even at any of these locations, the state's health plan covers 100 percent of the cost, if you carry state insurance.



Indiana State Police Health Care Plan Members are eligible to utilize these clinics; however, you must complete a separate claim form and bring it with you to the clinic. State Police Human Resources will be sending further information regarding flu shots that will have the appropriate claim forms.

Vaccinations received at state sponsored clinics will be communicated to both the Indiana State Department of Health's Immunization Information System known as CHIRP (Children and Hoosier's Immunization Registry Program) and HumanaVitality.

The best protection against the flu is to get a flu shot every year before the flu season starts. Since influenza viruses change over time, it is important to get a shot every year. Each year the vaccine is reformulated to include the types of flu virus expected to cause illness during that flu season. The vaccine begins to protect you within a few days after vaccination, but the vaccine is not fully effective until about 14 days after vaccination.

If you are wondering if you should get a vaccine, a detailed list can be found at [Who Should Get Vaccinated against Influenza](#).

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### Get Vitality Points for your flu shot

Earn Vitality Points when you or your covered adult dependents receive a flu shot. **If you attended a state sponsored clinic, you do not need to submit anything for Vitality Points.** This will already be sent to HumanaVitality and your points will be reflected in your account. However, please allow up to 30 days for your points to show up in your HumanaVitality account.

**If you receive your flu shot at another location,** you will need to submit proof for Vitality Points. You can get rewarded by submitting the prevention activity form online, from your mobile device or by mail or fax within 90 days of the immunization. Remember to save proof of your activity to be included with your self-submission!

How can you self-submit or use the mobile app to earn your flu shot points?

#### Self-submission steps from website:

1. Scroll over “Earn Rewards” at the top of your HumanaVitality account
2. Click on “HumanaVitality forms”
3. Click on “Prevention Activity”
4. Next, scroll to the bottom of the page until you see selection boxes, and complete each box
  - Submission for Prevention activity type: “Flu shot”
  - Activity date
  - Prevention activity proof: Attach your proof as you would when attaching a document to an email. Click “Choose File” and your documents folder will open on your device. This is where you will want to attach one of the below items:
    - i. The record or certificate / receipt documenting the date and service description
    - ii. Copy of the Explanation of Benefits that includes the dates of service and description of the service
5. Click “Submit” once you have completed the selection boxes and attached your desired proof of activity

#### From the mobile app:

- Click on “Activities” on the Dashboard of your HumanaVitality mobile app
- Click on “Get a flu shot”
- Click on the “Date” box and select the date you received your flu shot
- Click on “Submit picture proof”. You may either select an existing photo of proof or take a photo at this time
- Click on “Submit” at the bottom of the screen

HumanaVitality has launched a new website specifically targeted towards frequently asked questions about the program, including how to submit information, syncing devices and much more! Check it out at [community.humanavitality.com](https://community.humanavitality.com).

Date(s)	Time(s)	Name of Agency	Location/City
10/6, 10/7	3 p.m. – 7 p.m.	Rockville Correctional Facility	811 West 50 North, Rockville, IN 47872
10/14, 10/15	7:30 a.m.– 3:30 p.m.	Indiana Government Center South	Indianapolis
10/14	10 a.m. – 1 p.m.	INDOT LaPorte District	315 E. Boyd Blvd. LaPorte, IN 46350
10/19	8 a.m. – 12 p.m.	ISDH Central Office	2 N. Meridian St, Indianapolis, IN
10/20	7:30 a.m. – 3:30 p.m.	Statehouse	Indianapolis
10/21	11 a.m. – 1 p.m.	Hoosier Lottery and Horse Racing Commission	1302 N Meridian St, Suite 100, Indianapolis, IN 46202
10/27, 10/28	1:30 p.m. – 5:30 p.m.	Wabash Valley Correctional Facility	6908 S. Old US Hwy 41, Carlisle, IN 47838
10/29	2 p.m. – 7 p.m.	Indiana State Prison	1 Park Row, Michigan City, IN 46360