

Flu season is coming. We've got you covered!

FREE FLU SHOTS are available to eligible participants in the UnitedHealthcare/UMR PPO Medical Plan with prescription drug coverage through Express Scripts. Just go to **Albertsons** or **Safeway** to get your shot, and the pharmacy will submit a claim for you.

If you get your flu shot from another participating pharmacy, you may be required to pay for the shot and submit a claim to the Plan Office for reimbursement.

For more information, visit [express-scripts.com](https://www.express-scripts.com) or call 844-863-5330. You can also call the Plan Office at 303-430-9334 or 800-527-1647. Special rules apply if you are under 18; see your SPD for more information.

If you have coverage through the **Kaiser Permanente HMO Plan**, go to [kp.org](https://www.kp.org), or call 800-632-9700 or 303-338-3800 for more information about flu shots.

Complete Your Health Assessment Today And Save Money In 2024!

Complete an annual Health Assessment by December 6, 2023, for a reduction in your 2024 co-premium! You don't need to wait until Open Enrollment in November to complete your Health Assessment.

- **If you have UnitedHealthcare/UMR coverage in 2023:** Go to [umar.com](https://www.umar.com), then log in or register, and click on **Clinical Health Risk Assessment**.
- **If you have Kaiser coverage in 2023:** Go to [kp.org](https://www.kp.org), and log in or register. Click on **Health & Wellness**, then **Programs & classes**, and then **Total Health Assessment**.

Want a paper assessment?

Contact the Plan Office (303-430-9334 or 800-527-1647).

Your responses to the Health Assessment are strictly confidential. Active participants and their covered spouses are eligible to complete the Health Assessment. Special rules apply for newly eligible participants. Pre-65 and non-Medicare retirees may complete assessments but are not eligible for co-premium reductions.



EXPRESS LANE to Good Health

Rocky Mountain UFCW Unions & Employers Health Benefit Plan
Healthcare Management Program

OPEN ENROLLMENT
Coming in November this year
(Open Enrollment dates to be announced)