

IT'S THAT TIME OF YEAR AGAIN....

Time to get your FREE FLU SHOT

Flu season is here again. The best way to prevent getting the flu is by getting your vaccination. It's easy and it's **FREE** when you present your AvMed ID card and another form of identification. HERE'S WHERE YOU CAN GET YOURS:

At one of fifteen (15) designated Miami-Dade County locations – refer to attachment.

OR,

- **Your Physician's office** – It's free when the sole purpose of your visit is to get a flu shot..
- **Participating Pharmacies** - You don't need a prescription, and at many pharmacies, you can walk in without an appointment.
- **Retail clinics** - You'll find them at participating stores like CVS and Walgreens.



FINAL Wellness & Flu Vaccine Schedule October 2013

Date	Event Description	Location\Time	Screenings
10/3/13	Flu Vaccines	Transit Central Garage - 9AM to 11AM 3300 NW 32 Avenue, Driver's Room, 1st Floor	Flu shots only
10/4/13	Know Your Numbers - End of Year Match Up & Flu Vaccines	Police HQ - 10 AM to 2 PM 9105 NW 25 St Cafetorium, Doral FL 33172	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, Flu Vaccines
10/9/13	Flu Vaccines	SPCC - 10 AM to 2PM 111 NW 1st Street, 18th FL - #18A	Flu shots only
10/10/13	Know Your Numbers - End of Year Match Up & Flu Vaccines	MLK - 10:30 AM to 2:30 PM 2525 NW 62nd St 2nd Floor Conf. Rm #1	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, Flu Vaccines
10/11/13	Know Your Numbers - End of Year Match Up & Flu Vaccines	OTV - 10 AM to 2PM 701 NW 1st Court, 1st Floor Training Rm, 33136	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, Flu Vaccines
10/15/13	Know Your Numbers - End of Year Match Up & Flu Vaccines	ITD 10 AM-2 PM 5680 SW 87 Ave, 2nd Floor Break Rm, Miami FL 33173	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, Flu Vaccines
10/16/13	Flu Vaccines	Seaport - 1 PM to 3PM 1015 North America Way, 2nd FL Conf Rm	Flu shots only
10/17/13	Flu Vaccines	Transit Lehman Center - 9AM to 11AM 6601 NW 72 Ave, Conf. Rm A	Flu shots only
10/18/13	Mayor's Fall into Wellnes Mega Fair & Know Your Numbers - End of Year Match Up	SPCC - 10 AM to 3PM 111 NW 1st Street, 18th FL - #18A	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, Flu Vaccines
10/21/13	Know Your Numbers - End of Year Match Up & Flu Vaccines	Water & Sewer - 10 AM to 2 PM Douglas HQ - 3071 SW 38th Ave Room # 156A, Miami 33146	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, Flu Vaccines
10/23/13	Flu Vaccines	Transit Coral Way - 12PM to 2PM 2775 SW 74 Ave., Driver's Room, 1st Floor	Flu shots only
10/24/13	Know Your Numbers - End of Year Match Up & Flu Vaccines	Aviation 10 AM to 2 PM MIA - North Terminal, Concourse. D, 4th FL Auditorium	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, Flu Vaccines
10/25/13	Flu Vaccines	Transit NE Garage - 10AM - 12PM 360 NE 185 St., Driver's Room 1st Floor	Flu shots only
10/29/13	Flu Vaccines	So. Dade Govt. Ctr. - 9AM to 11AM 10710 SW 211 St., Rm 104	Flu shots only
10/30/13	Know Your Numbers - End of Year Match Up & Flu Vaccines	Permitting & Inspection Center 7:30 AM to 11:30 AM 11805 SW 26th St. Conf Rm I/J	AvMed - Biometric Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI, Flu Vaccines

