



CALIFORNIA'S  
VALUED TRUST  
Healthcare Benefits for the Education Community

## CVT members

### Free Flu Shots and Biometric Health Screening

#### Health Screening includes:

- Fingerstick for Total Cholesterol, good HDL Cholesterol and Glucose
- Blood Pressure
- Body Mass Index and Body Fat
- Weight (if needed)
- Results available before you leave!



#### Seasonal Flu Shots:

##### 2019-2020 Inactivated Quadrivalent Components:

1. A/Brisbane/02/2018 (H1N1)pdm09-like virus (updated)
2. A/Kansas/14/2017 (H3N2)-like virus (updated)
3. B/Colorado/06/2017-like (Victoria lineage) virus
4. B/Phuket/3073/2013-like (Yamagata lineage) virus

For more information, go to [www.cdc.gov/flu](http://www.cdc.gov/flu)

### Earn a gift card by participating in the health screening!

- \$20 gift card if you pre-register
- \$10 gift card for walk-ins
- No gift card for flu shot participation

### Please schedule your appointment at

<https://onsitewellnessnetwork.com/?myCVTwellness-appointments>

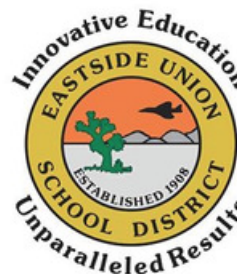
Make your online appointment now. The online appointment scheduler closes at 6PM the evening before each event. For help with appointment, please call 310-618-1988.

**Wednesday, October 23<sup>rd</sup>**

1:00 pm – 5:00 pm

**District Office – Room 106**

44938 30<sup>th</sup> Street East • Lancaster



#### Screening Preparations:

- Take medications as directed by physician
- Drink plenty of water, keep hydrated
- No fasting is required
- Results in about 12 minutes



#### Seasonal Flu Shot Preparations:

- Flu shot will be administered on upper arm.
- Wear clothes that can access the upper arm easily.
- Notify the nurse of any allergies.
- Notify nurse if this is your first ever flu shot.
- Notify nurse of any adverse reaction in the past.