

CVT Members

Free Flu Shots and Biometric Health Screening

Health Screening includes: *(18 years and older)*

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



Seasonal Flu Shots: *(9 years and older)*

Inactivated egg-based Quadrivalent Influenza Vaccines

1. an A/Victoria/2570/2019 (H1N1)pdm09-like virus
2. an A/Darwin/9/2021 (H3N2)-like virus
3. a B/Austria/1359417/2021 (B/Victoria lineage)-like virus
4. a B/Phuket/3073/2013 (B/Yamagata lineage)-like virus

For more information, please log-on to www.cdc.gov/flu

Monday, October 10th

9:00 AM – 1:00 PM

Wellness Center ★ Room 217

2500 Eureka Way ★ Redding 96001



**SHASTA
HIGH SCHOOL**

Please schedule your appointment at

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

Make your online appointment now. You have successfully scheduled an appointment if you received an email. Please check spam or junk file for the confirmation email.

The online appointment scheduler closes at 5:30PM the evening before each event.

For help with making an appointment, please call 310-618-1988 from 9:30AM-4:30PM.

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Earn a Gift Card by participating in the health screening!

- \$20 Target gift card if participant pre-register with an online appointment and on the list.
- \$10 Starbucks gift card for walk-ins (not on the appointment list).

Health Screening Preparations:

- Take medications as directed by physician
- Drink plenty of water, keep hydrated
- Fasting is not 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.
- 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.

Please adhere to local COVID 19 policies on masking.

Contact your Human Resources Department for additional information.