



PIEDMONT COMMUNITY HEALTH PLAN
Community Partners for Quality Healthcare

FOR IMMEDIATE RELEASE:

Date: **October 12, 2009**

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Piedmont Community Health Plan Outlines Flu Vaccine Protocol

Lynchburg, VA – Piedmont Community Health Plan officials today announced their 2009 flu season vaccine protocols for both seasonal flu shots and the H1N1 swine flu vaccination. Piedmont members and their covered family members are eligible to receive the seasonal flu shot under their policy. In most cases, a small office visit co-payment will apply when receiving the seasonal flu shot. For H1N1 swine flu vaccinations, no co-payment will be required. Some self-insured employees have made special arrangements for obtaining and covering the flu shots. These members are encouraged to check with their employer before getting the shot.

“The flu vaccine will be covered, but Piedmont members are encouraged to check their benefits under immunizations in their Certificate of Coverage,” recommends Ms. Lori Fox, Piedmont’s Director of Medical and Behavioral Health Management. She adds, “And for H1N1 (swine flu) inoculations there will be no co-payment required of our members.”

Seasonal flu shots are available now from Piedmont Primary Care Physicians, some local pharmacies, and same day walk-in medical care facilities. Piedmont members should present their Piedmont ID card when receiving benefits and confirm the provider of the flu shot participates with Piedmont.

“As a local employer itself, Piedmont is pleased to offer this benefit to its local employers and their employees and families. It’s just the right thing to do,” says Piedmont Medical Director Dr. David Smith.

According to the Centers for Disease Control (CDC), every state is developing its own vaccine delivery plan. Vaccine will be available in a combination of settings such as vaccination clinics organized by local health departments, physicians, schools, and other private settings, such as pharmacies and workplaces.

To find out when and where the H1N1 will be available in the Lynchburg area people should consult with their family physician, check the Virginia Dept. of Health website at: www.vdh.virginia.gov, or contact the Lynchburg Health Dept. at 1900 Thomson Drive by calling 434-947-6785, M-F 8:15 a.m. to 4:45 p.m.

Every year approximately 20 percent of the U.S. population gets the flu. According to the CDC, October and November are the best months to get a flu shot. Flu shots have been shown to significantly reduce absenteeism, the number of sick days having to be taken, and the number of visits to the doctor.

Flu shots are important because:

- The flu is a contagious virus that spreads from infected persons.
- The flu can make you sick for a week or longer with coughing, fever, aching and can lead to pneumonia.

Piedmont Community Health Plan is a locally owned and operated healthcare management organization for Central and Southside Virginia employers.

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