

ARE YOU READY FOR FLU SEASON?

Each year as winter approaches, employers can count on at least one in every five of their employees calling in sick because of the flu.

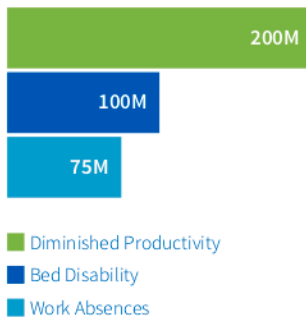
Unfortunately, the flu doesn't care about job position or project deadlines; it attacks with no discretion.

Here's the good news: This is one business problem with a ready-made solution. For a healthy dose of productivity, help employees get vaccinated against the flu.

Offering on-site flu vaccinations is proven to be a cost-effective strategy that increases productivity and reduces overall absenteeism, preventing direct health related costs.

Flu shot events provide quick and easy access so that employees can be vaccinated.

DAYS LOST TO THE FLU EACH YEAR (IN MILLIONS):



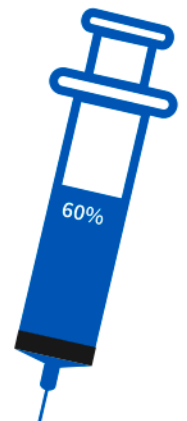
Each year in the U.S., the flu is responsible for **200 million days of diminished productivity, 100 million days of bed disability, 75 million days of work absences and 22 million visits to health care providers.**



During the flu season, the flu is responsible for **45% of workdays lost and for 49% of low productivity days** among working adults ages 50-64.



Sick employees are simply not capable of performing at their best. Studies show that workers with the flu demonstrate impaired performance of simple reaction-time tasks by **20% to 40%**, which can increase the probability of error or injury.



According to the CDC, flu vaccination lowered the risk of having to go to the doctor by about **60%** for people of all ages.

Flu shot events provide a preventive measure for employees which will help them stay healthy and reduce their risk for contracting certain strains of the flu virus:

- Must have a **minimum of 20 employees** who participate
- Flu shots can be **billed through insurance**
- **Call for more information** and pricing

The learn more or to schedule a flu shot clinic call us at 434.200.6933.

Conveniently located in:

Centra Lynchburg Medical Center
125 Nationwide Drive, 2nd Floor, Lynchburg, VA 24502

HW4ME.com




DID YOU KNOW THAT...

EACH YEAR IN THE U.S.,
THE FLU RESULTS IN:


OVER
200,000
HOSPITALIZATIONS

5-20%
OF THE POPULATION
GETS THE FLU



DURING THE 2014-2015 FLU SEASON
VACCINES PREVENTED AN ESTIMATED:

966,000
FLU RELATED ILLNESSES



67,000
FLU HOSPITALIZATIONS

OVER
50%

KNEW THE FLU COULD BE PASSED ONE DAY
BEFORE SYMPTOMS DEVELOP AND 5-7 DAYS
AFTER GETTING SICK

OVER
80%

OF EMPLOYEES SPEND 3 OR LESS DAYS OUT
OF THE OFFICE WITH THE FLU DESPITE
KNOWING THEY MAY PASS THEIR ILLNESS
ON TO A COWORKER

AROUND
80%

OF EMPLOYEES ARE WORRIED THEY
MAY CATCH SOMETHING WHEN THEIR
COWORKERS COME INTO WORK SICK

Call us today to learn how you can contribute to the health of your employees.
You might just save a life.



OCCUPATIONAL MEDICINE



WORK RECOVERY



WELLNESS SERVICES



EAP

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