Protect your health this fall and winter with a flu shot[1]

Employee Services has your back with plenty of options for getting your flu and COVID-19 shots in a timely fashion. Receiving these immunizations is the best action to take to protect you and your family from illness this year.

The CDC recommends flu vaccination for most people in September or October to maximize the vaccine's protective efficacy.

It takes around two weeks post-inoculation for antibodies to begin providing protection against illness, so it is important to receive your vaccine before periods of high transmission in your community. However, receiving your flu vaccine later in the season still is helpful in staying protected against serious illness and flu-related complications.

To maximize illness prevention, the CDC recommends coadministration of the flu and COVID-19 vaccines[2]. Many people are eligible to get a flu vaccine at the same time as a COVID-19 vaccine. However, you may want to call your provider to confirm it is safe for you to do so if you have certain conditions or are taking medication.

Vaccines are widely available at most doctors' offices, retail pharmacies and pharmacies co-located inside of grocery stores and/or Target stores. It is best to call ahead and confirm availability before you make the trip.

Flu shot resources for CU Health Plan enrollees

Vaccinations are available at no-cost under the CU Health Plan, as part of your preventative care coverage. The following resources are included to give you the best shot at staying healthy and protected this flu season.

Exclusive, Extended, High-Deductible/HSA-compatible, and Medicare plans

The COVID-19 vaccine will be treated the same as the flu shot under Anthem's preventative care benefit.

Both vaccines are considered a seasonal vaccine and will be covered from Aug. 1 to April 30 each year and are available to members at $0 out-of-pocket cost, as long as you receive the vaccines at a participating pharmacy.

There are plenty of easily accessible locations that offer walk-in and appointment options for your convenience. These locations – such as participating CVS, Walgreens, King Soopers and Safeway pharmacies – will continue to offer flu shot immunizations throughout the year. Vaccine availability and administration capabilities may vary by location, so it is best to call the pharmacy ahead with any questions.

The pharmacy network remains the same for both shots, so you can receive the vaccines at any of the 68,000 nationwide retail pharmacy locations, including Walgreens and King Soopers. Visit the CVS Caremark website[3] to log in and find a network pharmacy.

For additional questions, call the Anthem Dedicated Customer Service team at **1-800-735-6072**.

Kaiser

Kaiser enrollees began receiving either an email, direct mail and/or text message notification about flu shots on Sept. 1. Below are the ways members can receive a flu vaccination:
Scheduled appointments: Members can receive a flu shot at their next scheduled appointment at a Kaiser Permanente Medical Office. **Walk-in flu Shots (through Nov. 30):** No appointment necessary, 9 a.m.-5 p.m. Monday-Friday at most medical offices. Note: Walk-in flu shots are not available at Franklin or Behavioral Health locations. **Saturday walk-in flu shots (Sept. 23 and 30, Oct. 7 and 14):** No appointment necessary, 9 a.m.-5 p.m., at the following medical offices: Aurora Centrepoint, Arapahoe, Fort Collins, Highlands Ranch, Lakewood, Loveland, Rock Creek, Premier, Pueblo North, Skyline, Westminster, and Wheat Ridge. **Drive-up flu shots (Sept. 23 and 30):** No appointment necessary, 9 a.m.-5 p.m., at Arapahoe, Aurora Centrepoint, and Lakewood medical offices for members age 5 and older.
When provided by Kaiser Permanente, COVID-19 vaccines are covered under preventive benefits with applicable plan

out-of-pocket costs, typically $0. Out-of-network COVID-19 vaccines are not covered.

Helpful information for Kaiser enrollees:
Flu vaccines will not be available at retail pharmacies this year. We encourage you to get a no-cost flu shot at a Kaiser Permanente location or through your contracted network provider's office while supplies last. Northern and Southern Colorado members may get a no-cost flu shot at Kaiser Permanente medical offices or from a contracted network provider's office visit while supplies last. Flu shots will not be reimbursed if received at a retail location. Beginning Dec. 1, members will need to make a short, 10-minute appointment to get a flu shot at a Kaiser Permanente medical office. Members can obtain more information by visiting Kaiser's Flu Shot webpage[4] or calling the 24/7 Flu Hotline, 303-344-7600.

Anthem enrollees: Move your maintenance and specialty medications soon[5]

CVS Caremark manages all prescription medicine coverage for the University of Colorado's Anthem-administered plans. With the plan year that began July 1, the options changed for Anthem plan enrollees to fill their prescriptions for long-term and specialty prescriptions under their insurance, with specific pharmacies or mail order services required.

This cost-mitigation for prescription coverage prevented a significant increase in employee plan premiums for the 2023-24 plan year.

CU wants to ensure everyone enrolled in CU Health Plans Exclusive, Extended or High Deductible takes steps to fill their prescriptions with no interruptions to their pharmacy coverage. Failure to move long-term maintenance or specialty drugs to an approved CVS outlet will result in the plan member having to pay 100% of the cost for that fill out of pocket.

CU Health Plan members will receive up to three grace refills for every prescription before medications must be transferred. For some enrollees, the time to act may be fast approaching.

Since July, CVS Caremark and CU have sent multiple emails, letters and called enrollees who need to take action — and we'd like to thank everyone who has taken the time to complete the process.

If you have not transferred your medications, please review the information below to get started and to reach out for assistance as needed.

Where to fill prescriptions

To find a pharmacy near you, visit caremark.com[3], sign in, open the **Plan & Benefits** menu, and select **Pharmacy Locator** to search for a nearby pharmacy.

CU's CVS Pharmacy webpage[6] features a chart[7] that outlines pharmacy types and the prescriptions categories that can be filled at each.

One-time or short-term prescriptions — no changes
For those filling one-time or short-term prescriptions, such as antibiotics, you may continue to fill your prescriptions at almost any pharmacy — a national network of 68,000 locations including all major chains, supermarket pharmacies, Walgreens, community pharmacies and more.
Long-term maintenance and specialty medications
Anyone taking long-term maintenance prescriptions — such as those for heart disease, high blood pressure, etc. — will be required to fill these prescriptions in 90-day quantities by mail through the CVS Caremark Mail Service Pharmacy[8] or from a CVS Pharmacy location (including those inside Target stores). There are 56 CVS locations in Colorado. You can choose from a city-by-city list[9] or search by your location[10]. Anyone taking specialty prescriptions — typically medications to manage complex conditions — will be required to fill those prescriptions through a CVS Specialty Pharmacy[11]. For CU Health Plans Exclusive, Extended or High Deductible members, these prescriptions can no

longer be filled through UCHealth's mail order pharmacy. (Members of CU Health Plan – Medicare can continue to fill their prescriptions through UCHealth or any pharmacy of their choice.)

How to transfer your prescriptions

For long-term maintenance prescriptions

To have prescriptions mailed to you: Visit Caremark.com/MailService[12] or call CVS Caremark Customer Care at 1-888-964-0121 to request that CVS Caremark contact your doctor for a new prescription.

Alternatively, you can ask your doctor to send an electronic prescription to CVS Caremark Mail Service Pharmacy. You can expect to get your medication within 10 business days. (Your doctor should select the following for electronic prescriptions: CVS Caremark MAILSERVICE Pharmacy, One Great Valley Blvd, Wilkes-Barre, PA 18706).

To pick up prescriptions at a CVS Pharmacy: If you currently use a retail network pharmacy other than a stand-alone CVS Pharmacy (or a CVS Pharmacy inside a Target), you can transfer the prescription to a CVS Pharmacy by visiting Caremark.com/MoveMyMeds[13] and enter your Member ID (found on your member ID card[14]). Select the medications you take regularly, and CVS will transfer them to the new pharmacy for you – no need to type in each prescription.

For specialty drugs

A CVS representative will call you to set up your account and to help ensure the transfer of your prescription goes smoothly. If you haven't spoken to a CVS representative, you can call them at 1-855-299-3262, from 5:30 a.m. to 7 p.m. MT Monday to Friday. Visit CVSspecialty.com/GetStarted[15] to learn more about CVS Specialty.

If you've visited a pharmacy only to find out that you're out of the three grace refills, the CU Health Plan has options to ensure you get the medications you need. If you begin to run out of medication, contact CVS Caremark Customer Care for assistance.

Have questions?

Call CVS Caremark Customer Care: 1-888-964-0121

Employee Services recommends calling CU's dedicated CVS Caremark Customer Care line (instead of your local pharmacy) because their service professionals can answer specific questions about CU Health Plan coverage.

Contact CVS for:

Questions about coverage or prescription costs. Assistance filling three available 30-day refills before moving to a 90-day supply via mail order to CVS pharmacies. Assistance locating pharmacies that supply your medications. Assistance updating prescriptions with your medical provider.

Contact Employee Services: 1-303-860-4200, option 3

An Employee Services benefits professional can assist you with enrollment concerns, obtaining ID cards and assist in resolving issues in a timely manner.

CU approved to establish FAMLI leave plan [16]

Regents Audit Committee hears reports from Internal Audit[17]

The Regents Audit Committee[18] on Sept. 13 met via Zoom, receiving quarterly and annual reports from Internal Audit [19], and advancing the committee's plans for the current fiscal year.

Presentations[20] also included a quarterly review of financial statements and a status report of external audits and

reviews.

During her reports, Agnessa Vartanova, associate vice president and chief audit executive, said compliance officers at system administration and the campuses recently completed a review of the CU Code of Conduct (Administrative Policy Statement 2027[21]), which states the university's commitment to upholding the highest ethical, professional and legal standards. The review considered legal sufficiency, content applicability, relevance and presentation, as well as opportunities for educating the CU community. An upcoming education campaign will include a series of stories appearing in CU Connections.

Also noted: For the first time, CU hosted the Pacific Northwest Higher Education Internal Audit Conference, which drew 80 participants representing 18 institutions.

Kathleen Sutherland, senior advisory manager, gave the quarterly report on the CU EthicsLine[22], which enables members of the university community to anonymously report suspected violations of law, or serious or recurring violations of policy.

The committee voted to approve its work plan for the coming year, advancing it to the full Board of Regents for approval. The committee also approved the year's Internal Audit Oversight Authorizations and Responsibilities Matrix.

The Regents Audit Committee's primary purpose is to assist the Board of Regents in fulfilling its oversight responsibilities for (1) the integrity of the university's financial statements; (2) the adequacy of the university's internal control structure; (3) identifying significant risks or exposures facing the university; and (4) the qualifications, independence, and performance of the university's internal and external auditors.

The committee's next meeting is scheduled for Dec. 13 at 1800 Grant St.

Accessing Higher Ground Conference offers discount to CU campuses[23]

Members of CU campus communities receive at least a 5% registration discount for the Accessing Higher Ground: Accessible Media, Web and Technology Conference, set for Nov. 6-10 at the Hilton Denver City Center.

The event includes over 110 sessions on topics such as accessible documents, video, Canvas pages and alternative format.

Accessing Higher Ground[24] also addresses legal and policy issues, including ADA and 508 compliance; and campus accommodation, universal design and curriculum accessibility. The conference is relevant for IT and media professionals, course designers and faculty.

Keynote speaker Nina G is a comedian, author and professional speaker who stutters and has dyslexia. For over 20 years, she also has worked in the field of disability services in higher education. Nina will talk about her disability experience spanning generations in her family and the impact of influential individuals, including her parents, teachers, and even those who doubted her abilities.

A sample of session topics includes:

Pre-Conference
Accessibility Testing Workshop (2023)[25], Karl Groves, Chief Innovation Officer, Level Access (one-day workshop)
Create accessible documents in Office 365: Word, PowerPoint, and Excel[26], George Joeckel, Online Training Program Manager, Utah State University / WebAIM, (one-day Certificate) Innovating Toward Universal Design: Robust Accessible Media and Campus Accessibility Workflows[27], Kaela Parks, Portland Comm. College
Main Conference

Accessibility Testing: Don't Just Rely on What Automated Tests Tell You[28], Mike Williamson, Assistant Director, University of Colorado Boulder

A University-wide strategy for Document Accessibility[29], Shilpi Kapoor, CEO, 247 Accessible Documents

Incorporating Accessibility into the Library Electronic Resource Acquisition Cycle[30], Elyssa Gould, Head, Acquisitions & Continuing Resources, University of Tennessee, Knoxville

Chat GPT, Can You Help Me? Chat GPT as Assistive Technology for Students with Disabilities[31], Krystal Iseminger, Director of Accessibility/Adjunct Faculty, Wichita State University, Campus of Applied Sciences and Technology

Evaluating Accessibility When Time is Scarce[32], Rob Carr, Strategic Accessibility Coordinator, WebAIM

See the full agenda here[33] or register now[34].

Click here[35] for pricing. CU campus affiliates who use their campus email address receive a 5% discount off registration fees; CU-Boulder receives a 10% discount because it is an AHEAD member.

Conference site: https://accessinghigherground.org/[24]

Questions: Howard Kramer, 720-351-8668, or hkramer@ahead.org[36].

Reminder: CU Data Center move begins Oct. 6 [37]

Research & Innovation Week set for Oct. 16-20 at CU Boulder [38]

CU Denver ranked No. 1 for social mobility by U.S. News and World Report three years in a row [39]

'Poisoned': Assessing the 'Dirty Truth' about foodborne illness [40]

Oluwadare receives prestigious NIH NIGMS Maximizing Investigators' Research Award [41]

Ambrose and Safran recognized with Distinguished Research Lectureships [42]

Vice Chancellor García announces retirement [43]

On-field rivals CU and CSU encourage students to stay in Colorado: “We want you”[44]

Executive Director David Siegel is helping the Ent Center for the Arts craft its identity[45]

Marijuana breathalyzer? CU Boulder study says it’s tricky[46]

Links
[1] https://connections.cu.edu/spotlights/protect-your-health-fall-and-winter-flu-shot[2] https://www.cdc.gov/flu/prevent/coadministration.htm[3] https://www.caremark.com/[4] https://healthy.kaiserpermanente.org/colorado/health-wellness/flu[5] https://connections.cu.edu/stories/anthem-enrollees-move-your-maintenance-and-specialty-medications-soon[6] https://www.cu.edu/employee-services/benefits-wellness/cvs-caremark-pharmacy-services[7] https://www.cu.edu/employee-services/benefits-wellness/cvs-caremark-pharmacy-services#chart[8] https://www.caremark.com/manage-prescriptions/rx-delivery-by-mail[9] https://www.cvs.com/store-locator/cvs-pharmacy-locations/Colorado[10] https://www.cvs.com/store-locator/landing[11] https://www.cvsspecialty.com/[12] https://www.caremark.com/manage-prescriptions/rx-delivery-by-mail.html[13] https://caremark.com/MoveMyMeds[14] https://www.cu.edu/employee-services/benefits-wellness/digital-delivery/digital-id-cards[15] https://www.cvsspecialty.com/getting-started/patient-transition.html?cid=dml_patient_transition[16] https://connections.cu.edu/stories/cu-approved-establish-famli-leave-plan[17] https://connections.cu.edu/stories/regents-audit-committee-hears-reports-internal-audit[18] https://regents.cu.edu/committees[19] https://www.cu.edu/internalaudit%20[20] https://go.boarddocs.com/co/cu/Board.nsf/files/CVKPB963C43F/$file/091323%20Regent%20Audit%20Committee%20Packet.pdf[21] https://www.cu.edu/ope/aps/2027[22] https://www.cu.edu/ethicsline[23] https://connections.cu.edu/stories/accessing-higher-ground-conference-offers-discount-cu-campuses[24] https://accessinghigherground.org/[25] https://accessinghigherground.org/accessibility-testing-workshop-2023/[26] https://accessinghigherground.org/create-accessible-documents-in-office-365-word-powerpoint-and-excel/[27] https://accessinghigherground.org/innovating-toward-universal-design-robust-accessible-media-and-campus-accessibility-workflows/[28] https://accessinghigherground.org/accessibility-testing-dont-just-rely-on-what-automated-tests-tell-you/[29] https://accessinghigherground.org/a-university-wide-strategy-for-document-accessibility/[30] https://accessinghigherground.org/incorporating-accessibility-into-the-library-electronic-resource-acquisition-cycle/[31] https://accessinghigherground.org/chat-gpt-can-you-help-me-chat-gpt-as-assistive-technology-for-students-with-disabilities/[32] https://accessinghigherground.org/evaluating-accessibility-when-time-is-scarce/[33] https://accessinghigherground.org/schedule-2023/#cs_2023-11-06[34] https://cvent.me/WKAdZn[35] https://accessinghigherground.org/pricing/[36] https://connections.cu.edu/blank[37] https://connections.cu.edu/stories/reminder-cu-data-center-move-begins-oct-6[38] https://connections.cu.edu/stories/research-innovation-week-set-oct-16-20-cu-boulder[39] https://connections.cu.edu/stories/cu-denver-ranked-no-1-social-mobility-us-news-and-world-report-three-years-row[40] https://connections.cu.edu/stories/poisoned-assessing-dirty-truth-about-foodborne-illness[41] https://connections.cu.edu/people/oluwadare-receives-prestigious-nih-nigms-maximizing-investigators-research-award[42] https://connections.cu.edu/people/ambrose-and-safran-recognized-distinguished-research-lectureships[43]

https://connections.cu.edu/people/vice-chancellor-garc-announces-retirement[44] https://connections.cu.edu/itn/field-rivals-cu-and-csu-encourage-students-stay-colorado-we-want-you[45] https://connections.cu.edu/itn/executive-director-david-siegel-helping-ent-center-arts-craft-its-identity[46] https://connections.cu.edu/itn/marijuana-breathalyzer-cu-boulder-study-says-it-s-tricky