

Arkansas Blue Cross and Blue Shield and its family of companies would like to encourage you to encourage your employees to get a flu shot. Now is the time to get a flu shot before high flu season in January and February. The main reason to get a flu shot is to protect oneself from the flu and health effects related to flu. Getting a flu shot

also will help reduce the spread of flu.

Check with your local Arkansas Department of Health office, local hospital or physician office/clinic to make arrangements for free (or reduced cost) flu shots at your workplace or elsewhere.

And in an effort to encourage your employees to get vaccinated, you

might consider an internal promotion and offer your employees some enticing incentives. Below is a list of ideas and incentives you could use to encourage your employees to roll up their sleeves!

It will be a great investment in the health of your employees and company.

## Top 10 Ways to “Hit Employees with Your Flu Shot”

**1 Big Shots**  
Encourage employees to get their flu shot by giving away tickets to a local entertainment event.

**2 You Call the Shots**  
All employees who get their flu shot can participate in a jeans/casual day.

**3 Hot Shots**  
Host a hot pizza party for all employees who get their flu shot.

**4 Mug Shots**  
All employees who get their flu shot receive a company coffee mug.

**5 Shot of Espresso**  
Employees who get their flu shot are eligible to win a basket of special coffees — or you can host a coffee break at the worksite with treats.

**6 Action Shots**  
Employees who get their flu shot are eligible to win tickets to a local or state sporting event.

**7 Snap Shots**  
Employees who get their flu shot are eligible to win a gift basket full of photography supplies including a camera, film, photo album and picture frame.

**8 Screen Shots**  
Employees who get their flu shot are eligible to win four movie tickets (include gift certificate for popcorn and soda) to a local theatre.

**9 Long Shot**  
Plan a “Day at the Races” (Oaklawn or Southland Greyhound Park) and award it through a drawing among all the employees who get their flu shot.

**10 Tech-quila Shot**  
All employees who get their flu shot are eligible to win a “techie” gadget such as an iPod, printer, gift certificate to Best Buy (or wherever), jump drive, laptop, digital camera, DVR, etc.

**Enclosed are posters to promote getting a flu shot whether or not you offer an employee incentive. They'll get your employees humming for sure!**