

October, 2009

Welcome to the October issue of *PlusNotes for Employers*. Use it to make your Physicians Plus health plan work for you! This month's issue includes:

- Seasonal & H1N1 Flu Update
- P+ has the Resources You Need for the Great American Smokeout

And please, ask your employees to [subscribe to *PlusNotes for Members*](#)! If you prefer not to receive future issues, simply click the link at the bottom of this newsletter to unsubscribe.

Seasonal & H1N1 Flu Update

As you may be aware, there are shortages of the seasonal influenza vaccine across the country, including at providers throughout the Physicians Plus service area. The best first step for you and your employees to receive the vaccination is contacting your doctor or clinic; they can inform you directly what is available or when additional supplies may become available.

Additionally, the providers in our network are in weekly contact with government officials to understand when the 2009 H1N1 flu vaccine will be available for general clinic use. Due to a nationwide shortage of this vaccine, health officials are focusing efforts on groups at greatest risk of developing complications from H1N1.

The flu situation is ever-changing. For the most up-to-date seasonal and H1N1 influenza and vaccination information, stay tuned to [Physicians Plus](#), [Meriter](#), [federal](#), [state](#) and [county](#) resources.

P+ has the Resources You Need for the Great American Smokeout

Smoking can have a big impact on the health and productivity of your workplace. Helping your employees quit is good for them and everyone. We hope that you'll encourage your employees to take part in the American Cancer Society's [Great American Smokeout](#) on Nov. 19. Remind your employees that their P+ health plan includes helpful [tobacco cessation resources](#). Plus, participants can utilize the customizable smoking cessation program through [GO-TO Healthy Choices](#) and earn up to \$100 in rewards.

Tell Us What You Think

Physicians Plus wants to know what you think! Send us your feedback, suggestions, and ideas for improvement. All submissions are reviewed, so please let us [know](#).