



# 2019

## FLU (Quadrivalent) \$40

Seasonal flu vaccine which protects against four flu strains (2A and 2B).

## PNEUMONIA \$130

Helps protect long term, depending on risk, against 23 types of bacterial pneumonia, deadly blood infections, and meningitis.

### Both vaccines are covered by:

- Medicare B
- BLUE CROSS BLUE SHIELD OF ARIZONA  
Excluding Medicare supplement customers.  
An Independent Licensee of the Blue Cross Blue Shield Association.

### FREE Flu Shots (Quadrivalent) for State of AZ Employees!

Available for benefit eligible state employees. The Flu shots are also free for spouses, dependents (age 4+) and retirees with Benefit Options coverage. You must show proof of employment or a Benefit Options insurance card and must know your:  
**Employee Identification Number (EIN).**

No appointment necessary.  
Make sure shirt/dress sleeves can be rolled up to the shoulder.

- You should not receive either vaccine if you:
- Have ever had a serious allergic reaction to eggs or to either vaccine
  - Have a fever, acute respiratory or other active infection or illness
  - Have a history of Guillain-Barre Syndrome (a severe, paralytic illness)

NOTE: Immunizations for persons age 4 and over. Pricing, vaccine availability, and health insurance coverage subject to change.

## 9am–12:30pm at these store locations:

### Friday, August 30

**Bashas':** Signal Butte & Apache Trail, APACHE JUNCTION  
(FLU & LAB)

**Bashas':** RH Johnson & Meeker Blvd, SUN CITY WEST  
(FLU & LAB)

### Tuesday, September 3

**Bashas':** Dysart & Camelback, LITCHFIELD PARK  
(FLU & LAB)

**Bashas':** Brown & Mesa Dr, MESA

### Wednesday, September 4

**Bashas':** Ellsworth & Brown, MESA

**Bashas':** 99th Ave & Beardsley, PEORIA

### Thursday, September 5

**Bashas':** Dobson & Chandler Blvd, CHANDLER

**Bashas':** Camp Lowell & Swan, TUCSON

### Friday, September 6

**Bashas':** Bell Rd & Thompson Peak Pkwy, SCOTTSDALE

### Saturday, September 7

**Food City:** Florence St. & 2nd St, CASA GRANDE (FLU & LAB)

**Bashas':** 32nd St & Shea Blvd, PHOENIX (FLU & LAB)

**Bashas':** Coffee Pot Dr & Yavapai Dr, SEDONA (FLU & LAB)

### Monday, September 9

**Bashas':** La Cholla & River Rd, TUCSON (FLU & LAB)

**Bashas':** 7th St & Union Hills, PHOENIX (FLU & LAB)

### Tuesday, September 10

**AJ's:** 56th St & Ray Rd, CHANDLER (FLU & LAB)

**Bashas':** McDonald & Granite Reef, SCOTTSDALE

### Wednesday, September 12

**Bashas':** Power & McDowell, MESA

**Bashas':** Warner & McClintock, TEMPE

### Thursday, September 13

**Bashas':** Higley & Elliot, GILBERT

**Bashas':** 75th Ave & Thunderbird, PEORIA

**Bashas':** Woodland Village, FLAGSTAFF (FLU & LAB)

## Healthwaves

1615 W University Dr, Suite 137 > Tempe, AZ 85281

www.healthwaves.com | 480.968.1886

# 9am–12:30pm at these store locations:

## Saturday, September 14

**Bashas'**: 7th St & Missouri, PHOENIX (FLU & LAB)

**AJ's**: Scottsdale Rd & Lincoln Rd, SCOTTSDALE (FLU & LAB)

**Food City**: Hwy 92 & Fry Blvd, SIERRA VISTA (FLU & LAB)

## Monday, September 16

**Bashas'**: Palisades & Saguaro, FOUNTAIN HILLS (FLU & LAB)

## Tuesday, September 17

**Bashas'**: 32nd St & Shea, PHOENIX

## Wednesday, September 18

**AJ's**: Central & Camelback, PHOENIX

**Food City**: Country Club & 22nd St, TUCSON

## Thursday, September 19

**Bashas'**: Brown & Higley Dr, MESA

## Friday, September 20

**Bashas'**: 99th Ave & Beardsley, PEORIA

**AJ's**: Thompson Peak & Frank Lloyd Wright, SCOTTSDALE

## Saturday, September 21

**Bashas'**: Power & Chandler Heights, QUEEN CREEK

(FLU & LAB)

**AJ's**: Skyline & Campbell, TUCSON (FLU & LAB)

## Tuesday, September 24

**Bashas'**: Warner Rd & 48th St, PHOENIX

## Wednesday, September 25

**Bashas'**: Ellsworth & Brown, MESA

## Thursday, September 26

**Bashas'**: Chandler Heights & Gilbert Rd, CHANDLER

**Bashas'**: 7th St & E Union Hills, PHOENIX

**AJ's**: Pima & Legacy, SCOTTSDALE

## Friday, September 27

**Bashas'**: 75th Ave & Thunderbird, PEORIA

**Bashas'**: Hayden & Indian School Rd, SCOTTSDALE

## Saturday, September 28

**Bashas'**: Camp Lowell & Swan, TUCSON (FLU & LAB)

**Bashas'**: RH Johnson & Meeker Blvd, SUN CITY WEST

(FLU & LAB)

**Bashas'**: Maricopa & Smith Enke, MARICOPA (FLU & LAB)

**Food City**: Kiowa Ave & Lake Havasu, LAKE HAVASU CITY

(FLU & LAB)

## Monday, September 30

**Bashas'**: 7th St & Missouri, PHOENIX

**Bashas'**: Superstition Mountain & Hwy 60, GOLD CANYON

**Bashas'**: Dysart & Camelback, LITCHFIELD PARK (FLU & LAB)

## Tuesday, October 1

**Bashas'**: Higley Rd & Elliot Rd, GILBERT

## Wednesday, October 2

**AJ's**: Central & Camelback, PHOENIX

## Thursday, October 3

**AJ's**: 44th & Camelback, PHOENIX

## Friday, October 4

**AJ's**: 67th Ave & Beardsley, GLENDALE (FLU & LAB)

**Bashas'**: Power & McDowell, MESA (FLU & LAB)

## Saturday, October 5

**Bashas'**: Power & Chandler Heights, QUEEN CREEK

(FLU & LAB)

## Monday, October 7

**Bashas'**: 32nd St & Shea, PHOENIX

**Bashas'**: La Cholla & River Rd, TUCSON

## Tuesday, October 8

**Bashas'**: Brown & Higley, MESA

## Wednesday, October 9

**AJ's**: 56th St & Ray Rd, CHANDLER

**Bashas'**: Warner Rd & McClintock, TEMPE

## Friday, October 11

**AJ's**: Val Vista & Baseline, MESA

**Bashas'**: 75th Ave & Thunderbird, PEORIA

## Saturday, October 12

**Bashas'**: Coffee Pot Dr & Yavapai Dr, SEDONA (FLU & LAB)

## Monday, October 14

**Food City**: McDowell & 51st Ave, PHOENIX

**Bashas'**: Bell Rd & Thompson Peak Pkwy, SCOTTSDALE

## Tuesday, October 15

**Bashas'**: Chandler Heights & Gilbert Rd, CHANDLER

## Wednesday, October 16

**Bashas'**: Baseline & Crismon, MESA

**Bashas'**: 7th St & E Union Hills, PHOENIX

## Thursday, October 17

**Bashas'**: Higley & Elliot Rd, GILBERT

## Friday, October 18

**AJ's**: Central & Camelback, PHOENIX

## Saturday, October 19

**Food City**: Hwy 92 & Fry Blvd, SIERRA VISTA (FLU & LAB)

# 9am–12:30pm at these store locations:

## Monday, October 21

**Bashas'**: RH Johnson & Meeker Blvd, SUN CITY WEST  
(FLU & LAB)

**Bashas'**: 32nd St & Shea Blvd, PHOENIX (FLU & LAB)

**Bashas'**: 99th Ave & Beardsley, PEORIA (FLU & LAB)

## Tuesday, October 22

**Bashas'**: Ellsworth & Brown, MESA

## Thursday, October 24

**Bashas'**: 7th St & Missouri, PHOENIX

**Bashas'**: Alma School & Riggs Rd, SUN LAKES

## Friday, October 25

**Bashas'**: Verrado & Main, BUCKEYE

## Saturday, October 26

**Bashas'**: Cortaro & Thornydale, TUCSON (FLU & LAB)

**Bashas'**: 142 Hwy 260, PAYSON (FLU & LAB)

## Monday, October 28

**Bashas'**: Hayden & Indian School, SCOTTSDALE

**Food City**: Baseline & Hardy, TEMPE

## Tuesday, October 29

**AJ's**: 56th St & Ray Rd, CHANDLER

**AJ's**: Pima & Legacy, SCOTTSDALE

## Wednesday, October 30

**Bashas'**: 7th St & E Union Hills, PHOENIX

**Bashas'**: La Cholla & River Rd, TUCSON

## Thursday, October 31

**Bashas'**: Power & McDowell, MESA

## Friday, November 1

**Bashas'**: Chandler Heights & Gilbert Rd, CHANDLER

**Bashas'**: 99th Ave & Beardsley, PEORIA

## Saturday, November 2

**Bashas'**: Maricopa & Smith Enke Rd, MARICOPA (FLU & LAB)

**Food City**: Country Club & 22nd, TUCSON (FLU & LAB)

## Monday, November 4

**Bashas'**: Oracle & Golder Ranch Rd, TUCSON (FLU & LAB)

**Food City**: McDowell & 51st Ave, PHOENIX

**AJ's**: Scottsdale Rd & Lincoln, SCOTTSDALE

**Bashas'**: Brown & Mesa Dr, MESA

## Tuesday, November 5

**Bashas'**: Warner & McClintock, TEMPE

## Wednesday, November 6

**Bashas'**: 32nd St & Shea, PHOENIX

## Thursday, November 7

**Bashas'**: 7th St & Missouri, PHOENIX

**AJ's**: Skyline & Campbell, TUCSON

## Friday, November 8

**Food City**: Arizona Ave & Ray Rd, CHANDLER

**Bashas'**: RH Johnson & Meeker Blvd, SUN CITY WEST

(FLU & LAB)

## Saturday, November 9

**AJ's**: Lone Mountain & Scottsdale Rd,  
SCOTTSDALE (FLU & LAB)

**Bashas'**: Coffee Pot Dr & Yavapai Dr, SEDONA (FLU & LAB)

**Food City**: I-19 & Irvington Rd, TUCSON

## Monday, November 11

**AJ's**: Central & Camelback PHOENIX (FLU & LAB)

**Bashas'**: Cortaro & Thornydale, TUCSON (FLU & LAB)

## Tuesday, November 12

**Bashas'**: 75th Ave & Thunderbird, PEORIA (FLU & LAB)

## Wednesday, November 13

**AJ's**: 56th St & Ray Rd, CHANDLER (FLU & LAB)

## Thursday, November 14

**AJ's**: 44th St & Camelback, PHOENIX (FLU & LAB)

**Bashas'**: Camp Lowell & Swan, TUCSON (FLU & LAB)

**Food City**: Sierra Vista, SIERRA VISTA (FLU & LAB)

## Friday, November 15

**AJ's**: Val Vista & Baseline, MESA (FLU & LAB)

**Food City**: Scottsdale Rd & McKellips, TEMPE (FLU & LAB)

## Saturday, November 16

**Bashas'**: 48th St & Warner, PHOENIX (FLU & LAB)

**Bashas'**: 3269 Maricopa Ave, LAKE HAVASU CITY (FLU & LAB)

## Monday, November 18

**Bashas'**: 7th St & Union Hills, PHOENIX (FLU & LAB)

## Tuesday, November 19

**Food City**: 59th Ave & Bethany Home, GLENDALE (FLU & LAB)

## Wednesday, November 20

**Bashas'**: 99th Ave & Beardsley, PEORIA (FLU & LAB)

**Food City**: 4th St & Main St, AVONDALE (FLU & LAB)

## Friday, November 22

**Bashas'**: Alma School & Riggs, SUN LAKES (FLU & LAB)

# 9am–12:30pm at these store locations:

## Saturday, November 23

**Bashas'**: Baseline & Crismon, MESA (FLU & LAB)

**Bashas'**: 32nd St & Shea Blvd, PHOENIX (FLU & LAB)

## Monday, November 25

**Bashas'**: Power & Chandler Heights, QUEEN CREEK  
(FLU & LAB)

## Tuesday, November 26

**Bashas'**: Brown & Higley, MESA (FLU & LAB)

## Friday, November 29

**AJ's**: 56th St & Ray Rd, CHANDLER (FLU & LAB)

**Bashas'**: 75th Ave & Thunderbird, PEORIA (FLU & LAB)

## Saturday, November 30

**Bashas'**: 7th St & Missouri, PHOENIX (FLU & LAB)

**AJ's**: Pima & Pinnacle Peak, SCOTTSDALE (FLU & LAB)

## Monday, December 2

**Food City**: Dorsey Ln & Apache, TEMPE (FLU & LAB)

**Bashas'**: McDonald & Granite Reef, SCOTTSDALE  
(FLU & LAB)

## Tuesday, December 3

**Bashas'**: Signal Butte & Apache Trail,  
APACHE JUNCTION (FLU & LAB)

**AJ's**: Skyline & Campbell, TUCSON (FLU & LAB)

## Wednesday, December 4

**Bashas'**: Oracle & Golder Ranch Rd, TUCSON (FLU & LAB)

## Thursday, December 5

**Bashas'**: Power & McDowell, MESA (FLU & LAB)

**Bashas'**: 99th Ave & Beardsley, PEORIA (FLU & LAB)

## Friday, December 6

**AJ's**: Central & Camelback Rd, PHOENIX (FLU & LAB)

**Bashas'**: Coffee Pot Dr & Yavapai Dr, SEDONA (FLU & LAB)

## Saturday, December 7

**Bashas'**: Indian School & Hayden, SCOTTSDALE  
(FLU & LAB)

**Bashas'**: Waddell & Reems Rd, SURPRISE (FLU & LAB)

## Monday, December 9

**Bashas'**: Ellsworth & Brown, MESA (FLU & LAB)

**Food City**: Bethany Home Rd & 27th Ave, PHOENIX  
(FLU & LAB)

## Tuesday, December 10

**Bashas'**: 7th St & Union Hills, PHOENIX (FLU & LAB)

## Wednesday, December 11

**Bashas'**: Power & Chandler Heights, QUEEN CREEK  
(FLU & LAB)

## Thursday, December 12

**Bashas'**: Cortaro & Thornydale, TUCSON (FLU & LAB)

## Friday, December 13

**Bashas'**: Dysart & Camelback, LITCHFIELD PARK (FLU & LAB)

**Bashas'**: Alma School & Riggs, SUN LAKES (FLU & LAB)

## Saturday, December 14

**Bashas'**: La Cholla & River Rd, TUCSON (FLU & LAB)

**Food City**: Kiowa Ave & Lake Havasu, LAKE HAVASU CITY  
(FLU & LAB)

## Monday, December 16

**Bashas'**: 32nd St & Shea Blvd, PHOENIX (FLU & LAB)

## Tuesday, December 17

**AJ's**: Pima & Pinnacle Peak, SCOTTSDALE (FLU & LAB)

## Wednesday, December 18

**Bashas'**: 75th Ave & Thunderbird, PEORIA (FLU & LAB)

**Food City**: Campbell & Irvington, TUCSON (FLU & LAB)

## Friday, December 20

**Food City**: 8th Ave & Alma School, MESA (FLU & LAB)

**Bashas'**: RH Johnson & Meeker Blvd, SUN CITY WEST  
(FLU & LAB)

## Saturday, December 21

**Food City**: Flowing Wells & Roger, TUCSON (FLU & LAB)

**Bashas'**: Warner & McClintock, TEMPE (FLU & LAB)

## Monday, December 23

**Bashas'**: 7th St & Missouri, PHOENIX (FLU & LAB)

## Friday, December 27

**Food City**: Main & Stapley, MESA (FLU & LAB)

## Saturday, December 28

**AJ's**: Scottsdale Rd & Lincoln Rd, SCOTTSDALE (FLU & LAB)

**Bashas'**: Sunrise & Kolb, TUCSON (FLU & LAB)

