



2020

FLU (Quadrivalent) \$45

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.

Healthwaves

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

www.healthwaves.com | 480.968.1886

9am–12:30pm at these store locations:

Saturday, August 29

Food City: 44th st & McDowell Rd PHOENIX LAB & FLU

Food City: Florence & 2nd St, CASA GRANDE LAB & FLU

Tuesday, September 1

Bashas': Dysart & Camelback, LITCHFIELD PARK LAB & FLU

Wednesday, September 2

Bashas': Sunrise & Kolb, TUCSON LAB & FLU

Bashas': Ellsworth & Brown, MESA FLU ONLY

Bashas': 99th Ave & Beardsley, PEORIA FLU ONLY

Thursday, September 3

Bashas': Higley & Elliot, GILBERT

Bashas': Brown & Mesa Dr, MESA FLU ONLY

Friday, September 4

Food City: Grand Ave & W Santa Fe, EL MIRAGE LAB & FLU

Food City: Arizona Ave & Ray Rd, CHANDLER LAB & FLU

Bashas': Camp Lowell & Swan, TUCSON FLU ONLY

Saturday, September 5

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

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

Bashas': Warner & McClintock, TEMPE FLU ONLY

Tuesday, September 8

Bashas': Power & McDowell MESA LAB & FLU

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

Wednesday, September 9

Bashas': 75th Ave & Thunderbird PEORIA

Bashas': 7th St & Union Hills, PHOENIX FLU ONLY

Thursday, September 10

Bashas': McDonald & Granite Reef, SCOTTSDALE FLU ONLY

Bashas': La Cholla & River Rd, TUCSON FLU ONLY

Friday, September 11

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

Bashas': Woodland Village, FLAGSTAFF LAB & FLU

Bashas': Warner & McClintock, TEMPE FLU ONLY

Saturday, September 12

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

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

9am–12:30pm at these store locations:

Monday, September 14

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

Wednesday, September 16

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

Thursday, September 17

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

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

Friday, September 18

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

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

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

Saturday, September 19

Bashas: 650 Finnie Flats Rd, CAMP VERDE **LAB & FLU**

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

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

Monday, September 21

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

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

Friday, September 25

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

Saturday, September 26

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

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

AJ's: Pima & Pinnacle Peak, SCOTTSDALE **FLU ONLY**

Monday, September 28

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

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

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

Tuesday, September 29

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

Wednesday, September 30

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

Thursday, October 1

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

Friday, October 2

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

Bashas': Higley & Brown MESA **LAB & FLU**

Food City: Scottsdale Rd & McKellips, TEMPE **FLU ONLY**

Saturday, October 3

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

Monday, October 5

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

Friday, October 9

Food City: 32nd St & Greenway, PHOENIX **LAB & FLU**

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

Saturday, October 10

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

Monday, October 12

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

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

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

Wednesday, October 14

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

Friday, October 16

Bashas: Higley & Elliot, MESA

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

Saturday, October 17

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

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

Monday, October 19

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

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

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

Tuesday, October 20

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

Wednesday, October 21

AJ's: 67th Ave & Beardsley, GLENDALE **FLU ONLY**

Thursday, October 22

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

Friday, October 23

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

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

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

Saturday, October 24

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

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

Monday, October 26

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

9am–12:30pm at these store locations:

Thursday, October 29

****new store****

AJ's: 22402 s Basha Rd, CHANDLER LAB & FLU

Friday, October 30

AJ's: Central & Camelback, PHOENIX LAB & FLU

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

Saturday, October 31

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

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

Monday, November 2

Bashas': Oracle & Golder Ranch, TUCSON LAB & FLU

Bashas': Power & McDowell, MESA FLU ONLY

Tuesday, November 3

Food City: McDowell & 51st Ave, PHOENIX FLU ONLY

AJ's: Scottsdale Rd & Lincoln, SCOTTSDALE FLU ONLY

Bashas': Warner & McClintock, TEMPE FLU ONLY

Wednesday, November 4

Food City: Florence St & 2nd St, CASA GRANDE LAB & FLU

Friday, November 6

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

Saturday, November 7

AJ's: Lone Mountain & Scottsdale, SCOTTSDALE LAB & FLU

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

Monday, November 9

Bashas': Hayden & Indian School, SCOTTSDALE LAB & FLU

AJ's: Central & Camelback PHOENIX LAB & FLU

Bashas': Cortaro & Thornydale, TUCSON LAB & FLU

Tuesday, November 10

Bashas': Ellsworth & Brown, MESA LAB & FLU

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

Wednesday, November 11

Bashas': Waddell Rd & Reems Rd, SURPRISE LAB & FLU

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

Thursday, November 12

Bashas': Mesa Dr & Brown, MESA LAB & FLU

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

Bashas': Camp Lowell & Swan, TUCSON LAB & FLU

Food City: Sierra Vista, SIERRA VISTA LAB & FLU

Friday, November 13

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

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

Food City: Scottsdale Rd & McKellips, TEMPE LAB & FLU

Saturday, November 14

Bashas': Gilbert & Chandler Heights, CHANDLER LAB & FLU

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

Monday, November 16

Food City: Grand Ave & W. Santa Fe Ln EL MIRAGE LAB & FLU

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

Tuesday, November 17

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

Wednesday, November 18

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

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

Friday, November 20

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

Saturday, November 21

Bashas': Baseline & Crismon, MESA LAB & FLU

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

Monday, November 23

Bashas': 48th St & Warner, PHOENIX

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

Tuesday, November 24

AJ's: 67th Ave & Beardsley GLENDALE LAB & FLU

Bashas': Brown & Higley, MESA LAB & FLU

Friday, November 27

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

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

Saturday, November 28

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

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

Monday, November 30

Food City: Dorsey Ln & Apache, TEMPE LAB & FLU

Bashas': McDonald & Granite Reef, SCOTTSDALE LAB & FLU

Tuesday, December 1

Bashas': Thunderbird Rd & 75th Ave, PEORIA LAB & FLU

AJ's: Skyline & Campbell, TUCSON LAB & FLU

9am–12:30pm at these store locations:

Wednesday, December 2

Bashas': Power & McDowell MESA LAB & FLU

****new store****

Bashas': 36889 N Tom Darlington Dr, CAREFREE LAB & FLU

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

Monday, December 7

Bashas': Granite Reef & McDonald, SCOTTSDALE LAB & FLU

Bashas': Ellsworth & Brown, MESA LAB & FLU

Food City: Bethany Home & 27th Ave, PHOENIX LAB & FLU

Tuesday, December 8

Food City: Hardy & Baseline, TEMPE LAB & FLU

Food City: Grand Ave & W. Santa Fe, EL MIRAGE LAB & FLU

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

Wednesday, December 9

Bashas: 5310 S Superstition Mountain Dr,
GOLD CANYON LAB & FLU

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

Thursday, December 10

Bashas': 20351 N Lake Pleasant Rd, PEORIA LAB & FLU

Bashas': Cortaro & Thornydale, TUCSON LAB & FLU

Friday, December 11

Bashas: 650 Finnie Flats Rd, CAMP VERDE LAB & FLU

Bashas': Dysart & Camelback, LITCHFIELD PARK LAB & FLU

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

Saturday, December 12

Food City: 51st Ave & McDowell Rd PHOENIX LAB & FLU

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

Monday, December 14

Bashas': Palisades & Saguaro, FOUNTAIN HILLS LAB & FLU

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

Tuesday, December 15

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

Bashas': Higley & Brown MESA LAB & FLU

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

Wednesday, December 16

Bashas': Elliot and Higley, GILBERT LAB & FLU

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

Food City: Campbell & Irvington, TUCSON LAB & FLU

Thursday, December 17

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

Friday, December 18

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

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

Saturday, December 19

Food City: Flowing Wells & Roger, TUCSON LAB & FLU

Bashas': Warner & McClintock, TEMPE LAB & FLU

Monday, December 21

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

Tuesday, December 22

AJ's: 67th Ave & Beardsley GLENDALE LAB & FLU

Saturday, December 26

AJ's: Scottsdale & Lincoln Rd,
PARADISE VALLEY LAB & FLU

