



2022

9am–12:30pm
at these store locations:

FLU \$45 (Quadrivalent)

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

Flu vaccine is 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 the 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

Friday, September 2

Food City: Arizona Ave & Ray Rd, CHANDLER

Saturday, September 3

Bashas': 32nd St & Shea Blvd, PHOENIX

Tuesday, September 6

AJ's: Lone Mountain & Scottsdale Rd, SCOTTSDALE

Bashas': Verrado Way & Main St, BUCKEYE

Wednesday, September 7

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

Thursday, September 8

Food City: Baseline & Hardy, TEMPE

Tuesday, September 13

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

Friday, September 16

Food City: Dysart & Van Buren, AVONDALE

Saturday, September 17

AJ's: Skyline & Campbell, TUCSON

Monday, September 19

AJ's: 67th Ave & Beardsley, GLENDALE

Food City: Mesa Dr & Brown, MESA

Wednesday, September 21

AJ's: 44th St & Camelback, PHOENIX

Thursday, September 22

Bashas': McDonald & Granite Reef, SCOTTSDALE

9am–12:30pm at these store locations:

Friday, September 23

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

Saturday, September 24

Bashas': Camp Lowell & Swan, TUCSON

Bashas': Dysart & Camelback, LITCHFIELD PARK

Monday, September 26

Bashas': 36889 N Tom Darlington Dr, CAREFREE

Bashas': 650 Finnie Flats Rd, CAMP VERDE

Wednesday, September 28

FLU ONLY

Bashas': Verrado Way & Main St, BUCKEYE

Friday, September 30

FLU ONLY

AJ's: Central & Camelback, PHOENIX

Monday, October 3

Food City: Dysart & Van Buren, AVONDALE

Thursday, October 6

FLU ONLY

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

Friday, October 7

Food City: 32nd St & Greenway, PHOENIX

Saturday, October 8

Food City: Baseline & Central, PHOENIX

Monday, October 10

FLU ONLY

Food City: 1501 Arizona 89A, COTTONWOOD

Tuesday, October 11

AJ's: Val Vista & Baseline, MESA

Thursday, October 13

AJ's: Pima & Legacy, SCOTTSDALE

Friday, October 14

FLU ONLY

Food City: Mesa Dr & Brown, MESA

Saturday, October 15

Bashas': 2700 S Woodlands Village Blvd, FLAGSTAFF

Monday, October 17

Bashas': 32nd St & Shea Blvd, PHOENIX

Tuesday, October 18

Food City: Arizona Ave & Ray Rd, CHANDLER

Wednesday, October 19

FLU ONLY

AJ's: 67th Ave & Beardsley, GLENDALE

Thursday, October 20

FLU ONLY

Bashas': 36889 N Tom Darlington Dr, CAREFREE

Friday, October 21

FLU ONLY

Food City: Scottsdale Rd & McKellips, TEMPE

Saturday, October 22

Bashas': 142 Hwy 260, PAYSON

Monday, October 24

Bashas': 650 Finnie Flats Rd, CAMP VERDE

Wednesday, October 26

AJ's: 67th Ave & Beardsley, GLENDALE

Friday, October 28

AJ's: Central & Camelback, PHOENIX

Saturday, October 29

Food City: Country Club & 22nd, TUCSON

Monday, October 31

Bashas': McDonald & Granite Reef, SCOTTSDALE

9am–12:30pm at these store locations:

Tuesday, November 1

FLU ONLY

Food City: Baseline & Central, PHOENIX

Wednesday, November 2

Food City: 1501 Arizona 89A, COTTONWOOD

Thursday, November 3

Food City: Florence & 2nd St, CASA GRANDE

Friday, November 4

FLU ONLY

AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Monday, November 7

FLU ONLY

Food City: Hardy & Baseline, TEMPE

Tuesday, November 8

FLU ONLY

Bashas': 32nd St & Shea Blvd, PHOENIX

Wednesday, November 9

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

Friday, November 11

AJ's: 67th Ave & Beardsley, GLENDALE

AJ's: Val Vista & Baseline, MESA

Tuesday, November 15

AJ's: Lone Mountain & Scottsdale, SCOTTSDALE

Thursday, November 17

Food City: Dysart & Van Buren, AVONDALE

Saturday, November 19

Bashas': 32nd St & Shea Blvd, PHOENIX

Monday, November 21

Bashas': 650 Finnie Flats Rd, CAMP VERDE

Saturday, November 26

AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Monday, November 28

Bashas': McDonald & Granite Reef, SCOTTSDALE

Tuesday, November 29

Bashas': Verrado Way & Main St, BUCKEYE

AJ's: Skyline & Campbell, TUCSON

Wednesday, November 30

Bashas': 36889 N Tom Darlington Dr, CAREFREE

Friday, December 2

Food City: Arizona Ave & Ray Rd, CHANDLER

Saturday, December 3

Bashas': 32nd St & Shea Blvd, PHOENIX

Monday, December 5

Bashas': Granite Reef Rd & McDonald Dr, SCOTTSDALE

Tuesday, December 6

Food City: Hardy & Baseline, TEMPE

Friday, December 9

Bashas': 650 Finnie Flats Rd, CAMP VERDE

Saturday, December 10

Bashas': Elliot & Higley, GILBERT

Monday, December 12

Bashas': 32nd St & Shea Blvd, PHOENIX

Tuesday, December 13

AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Thursday, December 15

Food City: Dysart & Van Buren, AVONDALE

Friday, December 16

AJ's: Baseline & Val Vista, MESA

9am–12:30pm at these store locations:

Saturday, December 17

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

Tuesday, December 20

Bashas': 2700 S Woodlands Village Blvd, FLAGSTAFF

Wednesday, December 21

AJ's: 67th Ave & Beardsley GLENDALE

Monday, December 26

AJ's: Ray Rd & 56th St CHANDLER

Friday, December 30

Food City: Hardy & Baseline, TEMPE

