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NN

NEWS+NOTES

UF HEALTH SHANDS

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Find your path to wellness at work

*We know that healthy employees are happy employees.
That's why faculty and staff at UF Health have access to
a wealth of resources to reach their wellness goals.*

UFHealth
UNIVERSITY OF FLORIDA HEALTH

UF HEALTH | EVENTS+ACTIVITIES

WHAT INSPIRES YOU TO BE WELL?

Our wellness programs help you focus on what matters most

BY DENISE HUGGINS, GUEST COLUMNIST



Denise Huggins, UF Health Shands Human Resources benefits manager, and her grandchildren.

For nearly six years, my team has been supporting the UF-UF Health Wellness Committee and GatorCare's wellness program. I am constantly encouraged by its positive impact on the employees who use it.

I truly believe we've succeeded in creating a culture of wellness at UF Health. Our wellness efforts are all around us — from the Annual Wellness Event attended each year by thousands of employees, to the Step it Up initiative featuring decals in our hospital stairwells encouraging employees to use the stairs, to activities, challenges, healthy food choices and classes ... there are opportunities for everyone!

In my role, I am also aware of some concerns about our wellness offerings. When it comes to your privacy, I can assure you that all

of the health information you provide is only used for the purposes for which you provided it and is kept completely confidential. During our Annual Wellness Event, we've increased efforts to ensure that your weight and health counseling is done in a fashion where no others can see or hear it.

For all of us, wellness is a personal choice. Participants in the wellness program use our resources in a variety of ways, and some tell us stories of how a particular program or combination of wellness offerings have changed their lives and, in turn, the lives of their loved ones, in a dramatic fashion.

My three beautiful granddaughters are my motivation to be well. I want to spend many years in good health interacting with them as they grow up. This reason alone is worth my commitment of time, energy and effort to be healthy.

I hope you think about what moves you to be well, and that you take advantage of all the wonderful health-promoting resources UF Health has to offer. In this edition of News+Notes, we highlight many of them and the positive impact they've had on our co-workers. We look forward to hearing about your personal wellness journey.

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or recycle it when done.



FSC LOGO

UF HEALTH SHANDS | CARE+QUALITY

Q&A WITH THE CEO – ED JIMENEZ

Curious to know what's on the mind of our UF Health Shands CEO?



UF Health Shands CEO Ed Jimenez took part in the spring Annual Wellness Event, which provided employees with free biometric screenings.

We caught up with CEO **Ed Jimenez** and asked him several questions for this edition of News+Notes. See how to submit your question at the bottom of the page!

The flu vaccination deadline is Oct. 30: Why should employees get their flu shot?

We hold big wellness events, put on different wellness challenges and encourage employees to engage in healthy habits — and flu vaccination fits into healthy habits. It's pretty straightforward: If you get the flu vaccine, you're much less likely to get the flu. Getting vaccinated is also about workplace responsibility. Nobody wants to work next to somebody who is sick — it puts you at risk of getting sick. And, you don't want to infect patients, visitors or co-workers. Even if you don't work directly with patients, you probably run into several patient care providers each day in public spaces — and you don't want to risk getting them sick. Please get your flu vaccination. And if you're sick, stay home!

Why is employee health such a priority at UF Health?

As an organization, we put an emphasis on wellness because we want our employees to watch their children grow up, enjoy time with their loved ones and sit back in a rocking chair someday and

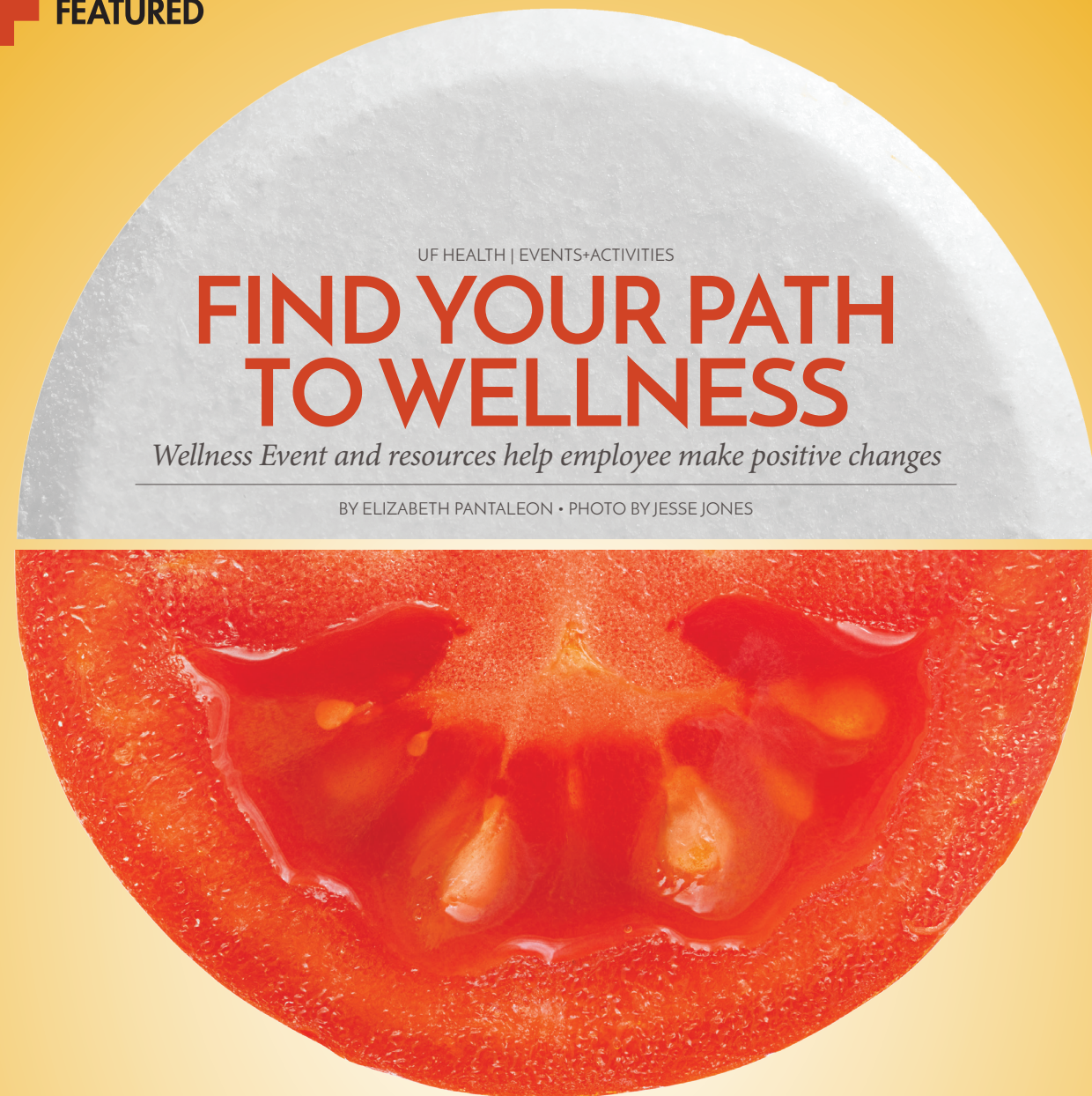
reflect on it all. Sometimes in health care, we're surrounded by medical professionals who think they know better — my mom was a nurse and I can't remember a time she went to a doctor unless she was on death's doorstep. As employees at UF Health, we have access to great resources to help us identify health issues or improve upon issues we already know exist ... but we have to take advantage of them. That's why we have such great wellness resources.

What's next for UF Health over the next few years?

My vision for the next several years is to continue to ensure that we can state with facts that our outcomes are spectacular and that the talent, knowledge and expertise of our faculty and staff is second-to-none. Our desire must always be to produce these outcomes as a function of teamwork, not as individuals. When you focus on these things, you can deliver great care and you get hungry to do more — hungry to get better, to start a new program, to expand something you're already doing and, ultimately, to help more people. This becomes a wave of excitement. What got us where we are as a go-to hospital system is producing outcomes that others can't and giving hope to people who had nowhere else to turn. 📌

WANT TO SUBMIT A QUESTION?

Email taylt@shands.ufl.edu and we'll consider it for an upcoming edition.



Each year at our Annual Wellness Event, **Vicky Tomlin-Simmons**, UF Health Shands Human Resources employment specialist, provides encouraging words and a friendly smile as employees check in. But she had never participated herself.

Like many of us, she worried about what her biometric screening might reveal, and what the scale would show.

“Not only was I worried about other people seeing my weight, but I didn’t want to see it either!” Tomlin-Simmons said. “I figured I’d encourage everybody else to do it and just continue to skip out on it.”

In April, Tomlin-Simmons decided to get on the other side of the Wellness Event’s check-in table to participate. She knew how

discreet the wellness staffers were at the event and decided it was time to be proactive about her health.

“It was very smooth, quick and not as uncomfortable as I thought it would be,” she said. “I thought it was a great experience overall.”

Since learning about her health risk factors at the event, Tomlin-Simmons developed healthier habits by taking advantage of our wellness offerings. She credits GatorCare’s annual Water Challenge for several positive changes in her health, including a decrease in ankle swelling following an injury and losing more than 11 pounds.

“Using the drink tumbler I got at the Wellness Event, which holds 20 ounces, I started drinking at least 64 ounces a day and readjusted my eating,” she said. “Several of my co-workers did the challenge with



(From left) Vicky Tomlin-Simmons, UF Health Shands Human Resources employment specialist, enjoyed a salad in the 1329 Building Cafeteria with her colleagues Kelli Salm, employment specialist; Katherine Burgin, employment coordinator; Erika Leske, employment coordinator; and Jennifer Mohr, employment coordinator.

me, so it was a group effort. We also help each other out by sharing healthy snacks like fresh fruit that have fewer calories than other goodies we like.”

In addition to positively influencing her co-workers, she says the new healthy habits she picked up at work are rubbing off on her family, too.

“My husband and I both participated in the Sleep Challenge and that’s benefited us a lot,” she said. “I’ve even gotten my mom on board, which is great, because she loves

to cook the ‘good’ stuff and sweets. She’s actually dropped some pounds since the Wellness Event too!”

Tomlin-Simmons also participates in 12 Tweaks to a Healthier You, the new program that helps employees stay healthy year-round. Each month, participants focus on a different tweak — a small, actionable behavior that can be incorporated into your daily routine. Prompts include Morning Mile, Serving Size Surprise and Turn Off to Tune In.

“I look forward seeing what next month’s challenge is and hope they’ll continue to help me to become healthier,” she said.

While Tomlin-Simmons will continue to help staff the event each year, she also expects to become a regular participant.

“I’ll probably be the first one to jump into the line at the Wellness Event in the years to come,” she said. “It’s been a great experience for me so far and I’m thankful for all of our wellness programs.”

Each year, UF Health and UF team up to host our Annual Wellness Event series. The monthlong initiative at UF Health locations throughout Gainesville provides employees with a snapshot of their health and helpful suggestions to make positive changes.

Last April, wellness staffers provided free biometric screenings and assessed 3,146 UF and UF Health Shands benefits-eligible employees. Participants reviewed their results during a one-on-one meeting with a wellness coach and

enjoyed a complimentary boxed lunch or gift certificate from SweetBerries Eatery and Frozen Custard.

In this edition of News+Notes, we highlight a few of the many resources available to help everyone lead a healthy, active life.

Visit GatorCare.org/wellness for more information.



READY TO QUIT TOBACCO?

Quitting is hard. When you're ready, GatorCare offers an array of incentives to help members quit tobacco their way.

Members can receive \$50 for attending a tobacco cessation class, including group classes in the community or a one-on-one session with GatorCare's wellness coordinator. The classes provide information, tools and behavioral coaching to help you succeed when you're ready to quit.

Members can also receive free quit aids with a prescription, including patches, gum, lozenges and medications like Chantix and bupropion.

GatorCare members who successfully quit tobacco for three months are eligible for \$75. Those who cease tobacco use for an additional three months (six months total) are eligible to receive another \$75 — that's \$200 for attending a cessation class and staying tobacco-free! It's never too late to live a healthy, tobacco-free lifestyle.

Visit GatorCare.org/tobacco for more information.

WEIGHT-MANAGEMENT PROGRAM

In January, GatorCare will launch a new, comprehensive weight-management program for GatorCare members just in time for the new year. The multi-week program will cover essential topics like nutrition, physical activity, sleep and stress.

In addition to educational presentations, the program will incorporate a variety of interactive, hands-on activities, including grocery store tours, group workouts, cooking mixers and individual sessions.



Traye McGehee, M.A., A.T.C., UF Health Fitness and Wellness Center clinical coordinator, shows Lisa Smith, UF Health Shands Rehab Hospital personal care assistant, flexibility exercises as part of GatorCare's Back in Motion self-management program.

The new program is geared for those interested in maintaining or losing weight, managing diabetes or prediabetes and/or managing other chronic conditions like high blood pressure. Participants will have the ability to pick and choose activities from a menu of options to build a program that fits them best. This customization, along with the variety of topics covered, will provide an exciting and engaging twist to the traditional weight-management program.

Registration for the program will begin this December; look for updates on GatorCare.org and in Shands News emails.

BACK IN MOTION PROGRAM


About 80 percent of adults will experience back pain at some point in their lives. If you're among them, you know how debilitating it can be. For GatorCare members suffering from chronic back pain, the Back in Motion self-management program can help provide relief.

Participants complete an online education module before beginning one-on-one sessions with a personal trainer at the UF Health Fitness

and Wellness Center, where they receive guidance on basic flexibility and strengthening exercises.

Between sessions, participants continue with the exercises on their own. A tracking component holds them accountable and keeps them motivated.

While Back in Motion is a great option for those experiencing back pain for an extended period, the program is not a replacement for formal physical therapy or other management strategies when applicable.

"The program is designed to motivate individuals who suffer from chronic back pain," said **Traye McGehee, M.A., A.T.C.**, UF Health Fitness and Wellness Center clinical coordinator. "We hope to provide some accountability for them to consistently exercise, because studies have shown that this is one proven method to help decrease back pain." 

Visit GatorCare.org/back to learn more. Learn about our fitness center at fitness.UFHealth.org.

UF HEALTH | EVENTS+ACTIVITIES

PARTICIPATION SURGES FOR TEAM CHALLENGES

Nearly 2,000 employees participated in walking and water contests!

BY MORGAN PAPWORTH • PHOTO BY JESSE JONES



The UF Health Shands Hospital Admission Discharge Transition Unit team recently won a Walking Challenge event.

Over the past year, GatorCare sponsored three team events — a Fall and Spring Walking Challenge and a Summer Water Challenge. The activities are gaining in popularity, with nearly 2,000 UF and UF Health employees participating.

Employees formed teams, nominated captains and created fun team names — like “Your Pace or Mine?” and “Wetty or Not Here We Come!” Teams tracked their steps or water intake using charts provided by GatorCare, and captains compiled the results. Every week, GatorCare emailed team rankings with participants, along

with motivational information and fun facts about the benefits of walking and staying hydrated. Winners even received a team trophy!

“I encourage anyone who has never joined a team challenge to take the plunge when the opportunity comes ... just do it!” said **Vivian Pearson M.S.N., RN-BC**, UF Health Shands Hospital Admission Discharge Transition Unit nurse and member of a former Walking Challenge winning team, “Obs Squad.” “I joined and made a commitment to do my best. What I didn’t expect was how much I was going to enjoy it. I found my walks became a time

to renew, reflect and re-energize. I especially enjoyed the stories from my co-workers about their walks and the laughs we shared over our team’s ‘adventures.’ Honestly, I think the group effort brought us closer together, too.”

Stay up-to-date on upcoming challenges and health programs by visiting GatorCare.org/Wellness. You can also sign up to receive emails — visit the GatorCare.org home page and enter your information under the “Wellness” logo. ➤

UF HEALTH | EVENTS+ACTIVITIES

POINTS WITH A PURPOSE

Track your wellness points for a \$100 online shopping experience

BY JACKY SCOTT

Focusing on your wellness is easy when you have the right resources, and the UF-UF Health Wellness Committee and GatorCare have you covered. The variety of wellness initiatives, challenges and classes offered provide employees at UF Health the opportunity to work on their health while earning points toward a \$100 shopping experience.

New this year for the Blue Rewards Wellness Program, all benefits-eligible employees who logged 300 points for completing wellness challenges and initiatives from Oct. 1, 2016 to Sept. 30, 2017 earned a \$100 shopping experience, redeemable this fall from Nov. 1 to Dec. 31.

Look for reminders from GatorCare and information in Shands News emails about how to use your points. You don’t want to miss this opportunity, especially with the holiday season right around the corner.

If you came up short for the 2017 online shopping experience, get a head start and begin earning points today to redeem next year. Points accumulated between Oct. 1, 2017 and Sept. 30, 2018 will go toward next year’s shopping opportunity.

For all benefits-eligible employees who participate in our wellness program, keep track of your activities and log your points! Participating GatorCare subscribers can

see how many points they have earned by visiting FloridaBlue.com.

For benefits-eligible employees who aren’t GatorCare subscribers and wish to check their points, visit FloridaBlue.com/Wellness.

If you have questions about the points you logged on the Blue Rewards website, please contact the GatorCare office at 352-733-9200 or GatorCare@shands.ufl.edu.

Create your Blue Rewards account today at FloridaBlue.com. To find instructions on how to log your points and to learn more about the wellness program, visit GatorCare.org/blue-rewards. ➤

UF HEALTH | EVENTS+ACTIVITIES

NOV. 3: TOUR OUR NEW HOSPITALS – ATTEND A FACULTY AND STAFF OPEN HOUSE

Celebrations provide exclusive access and giveaways

BY NACUYA LEWIS



Before opening the UF Health Heart & Vascular Hospital and UF Health Neuromedicine Hospital, we want to equip employees with information so they can be the best ambassadors for our organization. On Friday, Nov. 3, UF Health faculty, staff, residents and volunteers will gain VIP access to preview our newest facility.

Everyone in the UF Health family is encouraged to attend one of three Open House sessions, offered early morning, midday and early evening. Guests can follow a self-guided tour of the new building and meet expert clinicians and staff available to explain the services and features of each area.

Participants can enjoy refreshments, a photo booth and entertainment provided by our UF Health Shands Arts in Medicine musicians and a special appearance from Albert and Alberta! UF Health faculty, residents, staff and volunteers who attend an open house event will also receive a special T-shirt to celebrate the opening, along with other fun giveaways. Evening attendees may bring family members along to tour the facility.

In-depth training tools from UF Health Shands Human Resources Development are available. Those who will work in the new hospitals are invited to view online orientation modules through myTraining and attend department-specific training sessions. Additionally, plenty of resources are available to everyone on the new “Blueprints on Bridge” site (look under “News & Events” on the Bridge homepage).

The new hospitals will open on Dec. 10. 📍

Friday, Nov. 3 Faculty & Staff Open House Events

**UF Health Heart & Vascular Hospital
and UF Health Neuromedicine Hospital
1505 SW Archer Road, Gainesville, FL 32608**

**Morning
6:30-9 a.m.**

**Midday
11:30 a.m.-2 p.m.**

**Evening
Family members
are welcome
5-8:30 p.m.**

Learn about our new hospitals!

Faculty and staff at UF Health can learn about our new UF Health Heart & Vascular and Neuromedicine hospitals through an interactive myTraining module accessible via computer or mobile device. The module allows users to navigate a main menu that displays different training sections that are interactive and include multimedia features. Visit mytraining.hr.ufl.edu to participate in this online orientation for our new hospitals!

UF HEALTH | RESEARCH+DISCOVERY

LAB NOTES

Check out recent research developments at UF Health



UNDERSTANDING CONGENITAL MYOTONIC DYSTROPHY

UF Health genetics researchers have helped identify the mechanism that causes congenital myotonic dystrophy and have developed mouse models that will allow drug therapies to be tested. Researchers now have a better understanding of how the misregulation of developmental genetic “switches” in unborn children gives rise to congenital myotonic dystrophy. In addition to severe muscle weakness, congenital myotonic dystrophy patients can have respiratory problems and intellectual deficits.

FIGHTING CHRONIC FATIGUE

A UF Health study raised a possible explanation for chronic fatigue. Researchers injected 58 people diagnosed with chronic fatigue with either a placebo saline solution or the painkiller lidocaine. The group who received the lidocaine reported a 38 percent drop in fatigue. The drug appeared to block the signaling of muscle metabolites generated at rest that are then translated by the central nervous system into symptoms of severe fatigue.

PREVENTING BRAIN DAMAGE AFTER STROKE

A drug used to treat pulmonary hypertension now shows promise in an animal model for protecting against brain damage and neurological impairment following a stroke. A research team from the Evelyn F. and William L. McKnight Brain Institute of the University of Florida found the drug selexipag, which is used to treat pulmonary arterial hypertension, yielded marked improvement in neurological function following ischemic stroke in a study of aged rats. In the study, treatment at 48 hours post-stroke and 21 days post-stroke showed a significant drop in inflammation and injury in the brain. 📍



UF HEALTH | CARE+QUALITY

PROBLEM-SOLVING CARE – DEBBIE'S STORY

*Patient made 220-mile trips to receive care
at UF Health*

BY JESSICA BARTON

Three years ago, Debbie Paine went in for her annual mammogram, expecting a quick, routine appointment. When her scan came back abnormal, she suddenly became a woman fighting for her life.

As a college professor who educates future teachers, Paine wanted to approach her care as a problem to solve. She met with medical teams in her hometown of Valdosta, Georgia, and didn't feel they were treating her like an individual.

"My husband was a big advocate for a second opinion," she said. "That was when we decided to make the drive down to UF Health."

From the moment she met **Lisa Spiguel, M.D.**, UF College of Medicine breast cancer surgeon, and her team, Paine knew she was in good hands.

"She made a plan that felt right for me," Paine said. "She listened to me as a woman, and I was assured that the surgery and follow-up treatment developed by the team at UF Health were the right solution for me."

Paine's breast cancer team included Spiguel; **Coy Heldermon, M.D., Ph.D.**, UF College of Medicine medical oncologist; and **Pamela Clevenger, R.N.**, UF Health Cancer Center oncology nurse navigator.

"More minds together allows us to really think about all options for each patient and personalizing our patient care to nurture the individual," Spiguel said.

Paine required a lumpectomy. On the day of surgery, her care team put her at ease and she was confident her procedure would be a success.

"Surgery day went without any hiccups," Paine said. "Dr. Spiguel was prepared, I was prepared ... and then it was on to the after-care and trying to maintain good health."

Paine required radiation therapy following surgery, and she drove 220 miles for 28 days from Valdosta to the UF Health Davis Cancer Pavilion to receive her treatment.

"It was worth it for the care I received at UF Health," she said. "Now I can continue doing things that I had to put on hold for a while. UF Health gave me life again. That's a feeling that no one can take away now." +



Become a UF Health brand ambassador by visiting bridge.UFHealth.org/problem-solving-care to learn more about the campaign:

- See more examples from the Problem-Solving Care series
- Read FAQs about our branding efforts
- Leaders, check out the leader toolkit

Visit ProblemSolvingCare.org, our public website, to learn more about the patients and care providers featured in the campaign. Please share this resource with patients, friends and family.

GET READY FOR BENEFITS OPEN ENROLLMENT

Nov. 6-Dec. 1: Select your employee and family benefits

BY JACKY SCOTT



Benefits Open Enrollment for UF Health Shands employees begins Nov. 6 and closes Dec. 1. Be sure to review your current plan to ensure you are enrolled in the benefits that best satisfy you and your family's health needs for the upcoming 2018 plan year.

Look for the UF Health Shands Human Resources Benefits Newsletter in your home mailbox the week of Oct. 24 — it outlines changes to this year's benefit plans and guides you through the enrollment process.

COMPLETE BENEFITS OPEN ENROLLMENT ONLINE OR IN PERSON.

- Visit the Bridge homepage, hover over "Employee Services," click on "Employee and Manager Self-Service," sign in using your network User ID and password, click "Benefits" and then click "Benefits Resources." Be sure to hit "submit" if you make any changes to your current elections or the changes will not save.
- Visit enrollers in the UF Health Shands Hospital Atrium and offsite locations for assistance in choosing the right benefits plan. Employees must contact their supervisors to schedule a one-on-one consultation with an enroller.

"Open Enrollment is the only time that employees can make changes to their benefits package," said David Thaxton, vice president of The Elan Group, an employee benefits firm that will staff our enrollment events. "Enrollers are there to help employees navigate the system. We can give guidance on how to choose the proper plan that fits each employee's needs."

Enrollers can inform you about voluntary plans — including accident plans, cancer policies and life insurance — to help you decide if they are right for you. Pharmacy benefit managers and medical third-party administrators will also be available to answer questions.

BE SURE TO STAY UP-TO-DATE ON YOUR BENEFITS PLAN; THERE ARE CHANGES FOR THE UPCOMING PLAN YEAR.

- Starting Jan. 1, GatorCare will mandate a new prescription refill process for certain medications. Following a maximum of two 30-day supplies of Tier 1 and Tier 2 maintenance medications at a retail pharmacy, participants will have to order a 90-day supply at a retail pharmacy or by mail order. Maintenance medications are drugs taken regularly to manage chronic illnesses, like diabetes, high cholesterol or high blood pressure.
- Please be aware of automatic enrollment. If you previously waived GatorCare coverage, you must waive coverage again each year or you will be automatically enrolled in Prime Plus employee-only coverage.
- A note about other elections: Additionally, flexible spending accounts (HCRA and DCRA) must be elected every year — these plans do not roll over to the new year and they require a new election.

On Dec. 17, HR will ask employees to review their benefits summary for their 2018 plan year elections. If there are any discrepancies in your plan, please call the UF Health Shands Benefits office at 352-265-0043. visit bridge.UFHealth.org/Shands-HR. **+**



OPEN ENROLLMENT TIMELINE

WEEK OF OCT. 24

Check your home mailbox for an Open Enrollment newsletter.

NOV. 6

Open Enrollment begins online.

NOV. 6-DEC. 1

(EXCLUDING HOLIDAYS AND WEEKENDS)

Enrollers are available in the UF Health Shands Hospital Atrium and offsite locations to answer questions and provide guidance.

NOV. 14-16

Benefits Fair in the UF Health Shands Hospital Atrium.

NOV. 17

Benefits Fair at the UF Health Shands Rehab Hospital and UF Health Shands Psychiatric Hospital.

DEC. 1

Open Enrollment closes to allow time for requests to be processed. Last day enrollers will be in the Atrium.

DEC. 17

2018 benefit elections will be available to review on Bridge.





Joanne Kneal
Administrative manager
UF Health Shands Facilities
Development

UF HEALTH | HOSPITALITY+SERVICE

SHARE YOUR HOSPITALITY HUDDLE EXPERIENCE!

From enhancing staff teamwork to communicating with patients, Hospitality Huddles are transforming our culture of care — and we want to hear about your experience! Your feedback helps us create fresh topics to discuss and provides unique ideas on how to engage staff. Check out these comments from our colleague in Facilities!

"Hospitality Huddles are held at the UF Health Facilities Administration Building the first and third Tuesday of every month. In the beginning, it seemed like a chore to attend a Huddle, but our staff seem to be really enjoying them now. Huddles give us the opportunity to share our work experiences and stories in a reflective way. The comfort level has grown to the point where team members are even willing to share instances they wish they had done better and will do differently the next time. This sharing of human experiences has given us the opportunity to open our minds and our hearts to each other, and view our co-workers and our patients on a much deeper level."

To share your thoughts, visit the Hospitality & Service Bridge site and select the "In Your Words" tab.

UF HEALTH | CARE+QUALITY

OCT. 30: FLU VACCINATION DEADLINE

Beginning Oct. 31, employees who haven't received a flu vaccination are required to wear a surgical/procedural mask in patient care areas during flu season, through April 30.

UF Health Shands Occupational Health Services, or OHS, and the UF Student Health Care Center, or SHCC, staff are hosting numerous onsite flu vaccination events throughout October. When both OHS and SHCC staff

are on site, all UF faculty, staff and students; UF Health Shands employees and volunteers; and credentialed ARNPs, physician assistants and medical staff can receive a free flu vaccination. All employees must present their ID badge and those receiving a vaccination through SHCC also need an insurance card. Here are upcoming OHS/SHCC flu vaccination events:

UF Health Shands Hospital Atrium

Oct. 9: 7 a.m. to 4:30 p.m.
Oct. 10: 7 a.m. to 4:30 p.m.
Oct. 11: 7 a.m. to 4:30 p.m.

Oct. 12: 7 a.m. to 4:30 p.m.
Oct. 13: 7 a.m. to 4:30 p.m.
Oct. 17: noon to 4:30 p.m.
(UF Health Shands
Cancer Hospital)

Oct. 24: 6:45 a.m. to 5 p.m.
Oct. 25: 6:45 a.m. to 5 p.m.
Oct. 26: 6:45 a.m. to 5 p.m.
(OHS only)
Oct. 27: 6:45 a.m. to 5 p.m.

For events with 6:45 or 7 a.m. start times, SHCC will arrive at 8 a.m.

During October, OHS and SHCC will visit several other locations. View an updated schedule of flu vaccination events across UF Health at bridge.UFHealth.org/flu.