

FLORIDA RETIREE/SPOUSE ADMISSION TICKET

(For Those Who Do Not Have a Progress Energy Badge)

Influenza Immunization Program

Oct. 13 – Nov. 18, 2009



Security Requirements:

For spouses, domestic partners and retirees

You must bring this original letter and a government-issued photo ID in order to receive a flu shot. In facilities that have an attendant in the lobby area, please check in and present this letter and your ID.

Who's eligible?

This program is available for Progress Energy employees, their spouses and domestic partners. All active and retired employees, spouses of active or retired employees, domestic partners of active or retired employees and employees on long-term disability are eligible for a free flu shot through the influenza immunization program for Progress Energy Carolinas, Progress Energy Florida and Progress Energy Service Company.

Are children eligible?

Children are not eligible regardless of age.

Expecting a baby?

Please obtain a consent form from your physician prior to getting a shot.

Why should I get a shot?

Flu vaccinations are 70 to 90 percent effective in helping healthy adults avoid contracting influenza. The company recommends all employees take advantage of this program. Vaccines are available and shortages are not expected. Physicians highly recommend annual vaccinations for people over the age of 65, as well as individuals with diabetes, respiratory illness or cardiovascular diseases.

Will the seasonal flu vaccine also protect against the 2009 H1N1 flu?

No. The seasonal flu vaccine is not expected to protect against the 2009 H1N1 flu.

Will H1N1 vaccines be offered?

No. Progress Energy will not provide the H1N1 vaccine to retirees/spouses. Check with your local health department or physician.

Should everyone participate?

Side effects are rare. However, anyone allergic to eggs, chickens, chicken feathers, chicken dander or thimerosal should not receive the vaccine. If you have questions about whether you should receive an immunization, please check with your personal physician. Participation in this influenza immunization program is strictly voluntary.

I just got a shot last year. Do I need another one?

The influenza vaccine only lasts for one flu season, so it is necessary to be vaccinated again each year.

Do I need to make an appointment?

First come, first serve, no appointment needed. Selection of a site, date or time for your immunization is a personal preference. Please choose from among the listed options to best suit your needs and work schedule.

What should I do to prepare?

Please wear appropriate clothing on the day you receive your vaccination. The nurses on site must be able to administer the shot in your upper arm, so wear a short-sleeved shirt or a shirt that the sleeves can be easily rolled up to your shoulder. Please also have identification available.

How do I learn more about this program?

Contact Health & Safety Support at 919-546-7375 or visit:

<http://www.progressenergy.com/retirees/schedule.asp>.

See back for program schedule.

Anclote Plant	1729 Baillies Bluff Rd, Holiday	Oct. 15	7:00 a.m. – 10:00 am
Apopka Operations Center	275 W Ponkan Rd, Apopka	Oct. 28	7:30 a.m. – 11:00 am
Bartow Plant	1601 Weedon Island Dr. St. Pete	Oct. 13	6:00 am – 12:00 noon
Bayside Call Services	5225 Tech Data Drive, Clearwater	Oct. 14	8:00 a.m– 1:00 pm
Clearwater Ops. Center (Palmetto)	2166 Palmetto St. Bldg F, Clearwater	Nov. 18	8:00 a.m. - 11:00 am
Crawfordville	25 Millender Lane, Crawfordville	Oct. 21	10:00 am – 11:00 am
Crystal River South Region Office	8202 W. Venable St., Crystal River	Nov. 3	9:00 am – 3:00 pm
Deland Operations Center	400 N. Spring Garden Avenue, Deland	Oct. 14	2:30 pm – 4:00 pm
Highlands Operations Center	5020 Kenilworth Blvd., Sebring	Oct. 14	11:30 am – 12:30 pm
Hines Energy	7700 CR 555, Bartow	Nov. 12	5:00 pm – 7:00 pm
Intercession City Plant	6525 Osceola Polk Line Rd. Intercession City	Oct. 29	1:00 pm – 3:00 pm
Inverness Operations Center	515 Independence Hwy., Inverness	Oct. 28	1:00 pm – 5:00 pm
Jamestown Operations Center	2801 W. SR 426, Oviedo	Nov. 11	8:30 am – 12:30 pm
Lake Buena Vista & Haines City Yard	3250 Bonnett Creek Rd. Lake Buena Vista	Oct. 14	1:00 pm – 3:00 pm
Lake Mary Customer Service Center	1150 Greenwood Blvd., Lake Mary	Nov. 5	7:00 am – 3:00 pm
Lake Wales Ops Center	199 E. Mountain Lake Cutoff Rd., Bldg A Lake Wales	Nov. 18	8:00 am – 1:00 pm
Longwood Operations Center	150 Progress Energy Way, Longwood	Oct. 28	12:00 noon – 4:00 pm
Monticello Operations Center	1295 Rocky Branch Rd., Monticello	Oct. 20	7:30 am – 10:30 am
Northpoint	3300 Exchange Place, Lake Mary	Oct. 15	8:00 am – 1:00 pm
Ocala Operations Center	4361 SE Maricamp Rd., Ocala	Oct. 28	9:00 am – 12:00 noon
Progress Energy Place	Room 8A3 - 299 First Avenue North Saint Petersburg	Oct. 26	10:30 am – 2:30 pm
Progress Energy Place	Room 8A3 - 299 First Avenue North Saint Petersburg	Oct. 27	9:00 am – 1:00 pm
Seven Springs Ops Center	4121 St. Lawrence Drive New Port Richey	Nov. 18	1:00 pm – 5:00 pm
Southeast Orlando Ops. Center (Conway)	8407 Boggy Creek Road Orlando	Nov. 4	1:00 pm – 3:00 pm
St. Pete Operations Center	2501 25 th Street North Saint Petersburg	Oct. 28	7:30 am – 2:00 pm
Suwannee River Plant	4037 River Road, Live Oak	Nov. 4	1:00 pm – 3:00 pm
Tarpon Springs Operations Center	101 Cemetery Road, Tarpon Springs	Oct. 22	8:00 am – 10:00 am
Trenton/High Springs	729 E Wade Street, Trenton	Oct. 16	1:00 pm – 2:00 pm
Walsingham Operations Center	12600 Walsingham Rd, Largo	Oct. 14	7:30 am – 11:30 am
Wildwood Operations Center	4306 East CR 462, Wildwood	Oct. 21	7:00 am – 11:00 am
Winter Garden Operations Center	452 E. Crown Point Rd., Winter Garden	Nov. 4	7:30 am – 10:30 am
FOR FLORIDA RETIREES ONLY 600 North 4th Street	Highlands Civic Center/Recreation Park HIGHLANDS, NORTH CAROLINA 28741	Oct. 20	11:00 am – 2:00 pm