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NEWS RELEASE

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**GIVE THE GIFT OF GOOD HEALTH THIS HOLIDAY SEASON -
REMINDE FRIENDS AND FAMILY TO GET A FLU SHOT**

October 29, 2008 – The holiday season is here, which for most Americans means time spent in stores packed with shoppers and in homes bustling with family and friends. All of this time spent indoors in crowded spaces translates to an increased risk for contracting viruses, particularly influenza. Maxim Health Systems is reminding people to get their annual flu vaccine if they have not already done so, not only to protect themselves against this sometimes deadly virus, but also to help protect their family and friends.

“Everyone is encouraged to get vaccinated,” according to Jeanne Santoli, Deputy Director of Immunization Services at the CDC. “Especially those considered to be at higher risk. The best way to protect yourself and your loved ones is by getting your annual flu vaccine.”

This year Maxim is providing flu shot clinics at 25,000 convenient retail locations nationwide, such as pharmacies, supermarkets, and other public venues. Locating a nearby clinic is as simple as typing in your zip code on www.FindaFluShot.com. This will provide the address, date, and times for flu shots at local clinics. The Web site also provides the latest news on influenza and links to other resources. For those who prefer to find a convenient location over the phone, Maxim provides a toll free number at 877-962-9358.

As many as 60 million Americans fall victim to influenza and flu-related complications such as pneumonia each year, resulting in 20,000 hospitalizations and 36,000 deaths per year.¹ The CDC strongly encourages high-risk individuals to get vaccinated. This includes:

- Anyone who wants to reduce the risk of contracting the virus
- People at high risk of having serious complications from influenza, including:

- All children from six months through 18 years of age
 - Pregnant women
 - People 50 years of age and older
 - People of any age with certain chronic medical conditions
 - People who live in nursing homes and other long- term care facilities
- People who live with or care for those at high risk for complications from influenza

“With the holidays approaching, it is the perfect time of year to remind your loved ones to get their flu vaccination,” said Steve Pellito, National Director of Wellness Services for Maxim Health Systems. “We continue to urge people to get vaccinated and visit www.FindaFluShot.com to locate flu clinics,” he added.

Maxim provides flu shots to children aged 9 and older unless restricted by a state regulation or law. For children under 9 years of age, parents should contact their pediatrician. Maxim accepts Medicare Part B with no co-pay required, when Medicare Part B is the primary medical insurance.

About Maxim Health Systems

Maxim Health Systems is a division of Maxim Healthcare Services, Inc. Established in 1996, Maxim Health Systems offers a full line of comprehensive wellness services to corporate and retail clients, in addition to schools, senior living facilities, and Physician offices. We provide a variety of services, including immunizations, health screenings, and health fairs. In 2007, our flu immunization program alone was responsible for vaccinating more than 2.9 million people at more than 47,000 clinics. Together with Maxim Healthcare Services, we have branch locations in most metropolitan areas across the nation. For more information contact us at www.FindAFluShot.com/contact.php.

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ⁱ Treanor JJ. Influenza virus. In: Mandell GL, Bennett JE, Dolin R, eds. *Mandell, Douglas, and Bennett's Principles and Practice of Infectious Diseases*. 6th ed. Philadelphia, PA: Elsevier Churchill Livingstone; 2005:2060-2085.