



Influenza Vaccinations 2026

As an employer, you can play a vital role in maintaining the health and wellbeing of your workforce and preventing illness within our communities by providing an in-house influenza vaccination programme.

Flu vaccines can reduce the risk of infection in healthy individuals by 53-75%. This has a direct and measurable benefit on your organisation, reducing productivity losses, decreasing the cost of staff absence, and minimising disruption due to illness over the winter months.



Influenza affects between
10-20%
of the NZ population

Reduce the risk of infection
in healthy individuals by
53-75%



Median annual cost per
absent employee of
\$1235*



Average rate of absence was
5.5 days*
per employee

*Biennial Workplace Wellness Survey by Southern Cross Health Society and BusinessNZ 2022

Delivery of Services

Habit Health is one of the few occupational health providers who can provide national coverage for influenza vaccinations. We offer a quality service with a team of highly trained vaccinators and an easy-to-use booking process.

We have twenty office locations around the country with Cold Chain Accreditation which means that we can administer vaccines meeting all legislative and best practice guidelines.

We can provide vaccinations:

1. At your company site
2. At any of our clinics across New Zealand
3. Through a voucher provided to your staff

We also have a network of providers around the country, contact us to discuss provision of service in any area of New Zealand.

All of our nurses are fully trained independent vaccinators working under standing orders from our company GP and meet all requirements of the Ministry of Health Immunisation Handbook 2020.

Make a booking

Bookings are now open for 2026.

We provide you with an appointment schedule and assistance on how to set up and run your vaccination clinics.

Sign up

Get in touch now

Fill in our sign up form, speak to your Relationship Manager, email flubookings@habit.health or call **05 08 654 325**.

Flu facts

Strike rate

- Influenza (flu) is common in humans, affecting 10 to 20% of New Zealand's population per year. This highly contagious infection leads to decreased productivity and increased absenteeism.

Contagious

- Flu spreads quickly in environments with frequent close contact, such as offices or other workplaces.
- Generally people are contagious from the day prior to experiencing symptoms until their symptoms have resolved.

Flu vs common cold

- Influenza and the common cold are often confused. Many people complain of 'flu' when, in fact, they are suffering from a cold. Symptoms of a cold usually last between 2 - 4 days whereas influenza infection has more severe symptoms, often requiring bed rest, and last for as long as two weeks.

The vaccine

- According to the Immunisation Advisory Centre NZ the flu vaccine provides a 53-75% level of protection to healthy adults.
- It is impossible to get flu from the vaccine as it is purified and inactivated.
- The vaccine stimulates the immune system and contains protection against the four most common strains of flu identified as a health risk each year.
- It is best to have the vaccine early if possible, as the vaccine can take up to 2 weeks to be fully effective.



Service provision

Vaccinations can be provided at any of our clinics or at your workplace(s). To attend your premises, we require a minimum of 10 people (or a minimum charge out rate). Some of our smaller clients work together to combine teams so that we can complete a site visit, and we are happy to help facilitate this.

Onsite clinics require two nurses or a nurse and a trained first aider. If the site is unable to provide a first aider, we will provide two staff to run the clinic. One nurse will provide the vaccinations while the other will manage the observation area. The safety of our clients is paramount, and having two people at clinics is essential for our clinical practice.

Price is set on a per person basis and is an all-inclusive cost which includes:

- Nurses time
- Supply of vaccine, consumables, and emergency equipment
- Management of documentation
- Follow up of any reactions

Travel and mileage are charged in addition to the per person fee and are based on time taken and distance travelled from the closest Habit Health vaccinating office.

Should a booking be required outside the hours of 6am to 6pm Monday to Friday additional fees will apply.

Clients are charged for the number of people booked - final confirmation of numbers is required 3 days prior to the booking.



Pricing



Vaccination pricing	Price
Standard vaccine (egg-based) Administered at customer site for groups Minimum charge of \$410 applies for less than 10 people	\$41 Per person (0-40 employees) \$39 Per person (40+ employees)
Cell-based vaccine Administered at customer site for groups Minimum charge of \$590 applies for less than 10 people	\$59 Per person (0-40 employees) \$57 Per person (40+ employees)
Standard vaccine (egg-based) Administered at Habit Health premises	\$39 Per vaccine
Admin Fee Includes: arranging appointments, keeping records, maintaining recall list, paying medical centre or provider, reporting to company	\$45 Per booking
Voucher pricing	Price
Habit Health vouchers Redeemed at one of our national offices within business hours	\$39 Per person (Standard egg-based vaccine)
	\$55 Per person (Cell-based vaccine)
Life or Unichem pharmacy vouchers Redeemed at a participating Unichem or Life Pharmacy utilising Green Cross health vouchers	\$46 Per person

In 2026, our standard offering will be an egg-based vaccine - as used in previous years. We will also have a cell-based vaccine available for those interested. Both are proven to be effective and will protect your staff. More information to come in the new year.

Pricing



Additional pricing	Price
Travel Time Time of travel from closest Habit Health office to client site for each nurse (return trip)	\$110 Per hour
Mileage Mileage from closest Habit Health office to client site (return trip)	Charged at the current IRD Tier One Rate
Parking Charges for parking will be on charged to the client if onsite parking is not available	On-charge fee
Did Not Attends People who do not attend their appointment with no notification	\$20 Per person
Late Cancellations People who cancel their appointment with less than 24 hours notice	\$20 Per person

A healthier workplace starts here

Contact us at workplace@habit.health to get started >

[Contact us](#)