Protect yourself and those you care about. Get vaccinated at a network pharmacy near you.

- Ask your pharmacist which vaccines are right for you.
- Find out if your pharmacist can administer the recommended vaccinations.
- Many vaccinations are covered by your plan at participating retail pharmacies.
- Don’t forget to present your member ID card to the pharmacist at the time of service!

The following vaccines are available and can be administered by pharmacists at participating network pharmacies:

- Flu (seasonal influenza)
- Tetanus/Diphtheria/Pertussis
- Hepatitis
- Human Papillomavirus (HPV)
- Meningitis
- Pneumonia
- Shingles/Zoster
- Travel Vaccines (rabies, typhoid, yellow fever, etc.)
- Childhood Vaccines (MMR, etc.)

See other side for recommended adult vaccinations.
The vaccinations you need
ALL adults should get vaccinated for:

- **Flu, every year.** It’s especially important for pregnant women, older adults and people with chronic health conditions.

- **Tetanus, diphtheria and pertussis (whooping cough).** Adults should get a one-time dose of the Tdap vaccine. It’s different from the tetanus vaccine (Td), which is given every 10 years.

You may need additional vaccinations depending on your age:

**Young adults not yet vaccinated need:**

- Human papillomavirus (HPV) vaccine series (3 doses) if you are:
  - Female age 26 or younger
  - Male age 21 or younger

**Adults not yet vaccinated need:**

- Measles, mumps, rubella (MMR) vaccine
  - Adults 59 or younger should get at least one dose of MMR vaccine, unless they’ve already gotten this vaccine or have immunity to measles, mumps and rubella

- Varicella “chickenpox” vaccine
  - Adults should get 2 doses of chickenpox vaccine unless they’ve already gotten both doses or have immunity to chickenpox

**Adults 50 to 60 years of age and older need:**

- 2 doses of recombinant zoster vaccine (RZV; Shingrix®) for adults ages 50 or older
  - RZV for adults who previously received zoster vaccine live² (ZVL; Zostavax®), at least 2 months after ZVL
  - RZV or ZVL for adults ages 60 or older (RZV preferred)

**Adults 65 years of age and older need:**

- 1 dose of PCV13 (Prevnar®) and at least 1 dose of PPSV23 (Pneumovax®) depending on your age and health condition.

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2. ZVL should not be given to pregnant women and adults with severe immunodeficiency

Know the facts. Go to vaccines.gov or cdc.gov/vaccines.