



What do flu, whooping cough, measles, shingles and pneumonia have in common?

- 1 They can make you very sick.
- 2 Vaccines can help prevent them.

## 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:<sup>1</sup>

- **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:<sup>1</sup>

## 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<sup>2</sup>

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<sup>2</sup>

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<sup>®</sup>) for adults ages 50 or older  
RZV for adults who previously received zoster vaccine live (ZVL; Zostavax<sup>®</sup>), 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<sup>®</sup>) and at least 1 dose of PPSV23 (Pneumovax<sup>®</sup>) depending on your age and health condition.

1. Centers for Disease Control and Prevention. <http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easy-read.pdf>. Accessed July 2018.
2. ZVL should not be given to pregnant women and adults with severe immunodeficiency

Know the facts. Go to [vaccines.gov](http://vaccines.gov) or [cdc.gov/vaccines](http://cdc.gov/vaccines).