



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

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<sup>®</sup>) for adults ages 50 or older  
RZV for adults who previously received zoster vaccine live<sup>2</sup> (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 (Pneumovax<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).