

# Choices for Getting Vaccinated

Vaccines are key to protecting you, and your family, from certain serious illnesses. Now you can get a number of beneficial vaccines from a variety of participating providers (listed on the back).

You can receive the flu, meningococcal, MMR, pneumonia, shingles, Tdap, Td and HPV vaccines from your doctor or participating pharmacies and retail clinics.<sup>1</sup> When you receive your vaccine, you will be responsible for any applicable copayments or deductibles in accordance with your benefit plan.

## Vaccine information

Check with your doctor if you have questions about whether to receive a vaccine, as there may be age and condition restrictions.

### Flu

According to the Centers for Disease Control and Prevention (CDC), everyone six months of age and older should receive the vaccine before the beginning of the flu season each fall. This is especially important for people who have a high risk of developing serious complications if they get sick with the flu.

### HPV

HPV vaccine is important because it protects against cancers caused by human papillomavirus infection. HPV is a common virus; nearly 80 million people—about one in four—are currently infected in the United States. About 14 million people, including teens, become infected with HPV each year. All children who are 11 or 12 years old should get two shots of HPV vaccine six to twelve months apart. Adolescents who receive their two shots less than five months apart will require a third dose of HPV vaccine. Teens and young adults who start the series at ages 15 through 26 years still need three doses of HPV vaccine.

### Meningococcal

Meningococcal vaccines help protect against four strains of bacteria that cause meningococcal disease including meningitis and septicemia. Meningitis is a serious, potentially life-threatening inflammation of the membranes covering the brain and spinal cord. Septicemia is a bloodstream infection which can lead to the loss of a limb or even death.



Call ahead to make sure your pharmacy has a supply of the vaccine you need and check whether a prescription or doctor's order is required.

## MMR

The MMR vaccine protects against measles, mumps and rubella. The CDC recommends this vaccine starting with the first dose at 12–15 months of age and the second dose at 4 through 6 years of age. Teens and adults should also be up to date on their MMR vaccination.

## Pneumonia

Pneumonia is a serious lung infection that can affect people of all ages. The CDC recommends this vaccine for anyone 65 and older, along with people who are considered high risk for serious problems if they get sick such as infants, young children and those with chronic health issues.

## Shingles

To help prevent shingles, the CDC recommends adults 50 years and older get two doses of Shingrix due to its effectiveness. An alternative vaccine of Zostavax may be given. These vaccines can also work for people who have had shingles before.

## Tdap

Tdap is a combination vaccine that protects against three potentially life-threatening bacterial diseases: tetanus, diphtheria and pertussis (whooping cough).

## Td

The Td vaccine can protect adolescents and adults from tetanus and diphtheria. Td is usually given as a booster dose every 10 years, but it can also be given earlier after a severe or dirty wound or a burn. It does not protect against pertussis.

**For more information about vaccines, visit [cdc.gov](https://www.cdc.gov).**

## Where you can get your vaccine<sup>2</sup>

### Participating retail pharmacies

*Must be located in our service area of Maryland, Washington, D.C. or Northern Virginia.*

- CVS (including those in Target stores)
- Giant Pharmacy
- Rite Aid
- Safeway Pharmacy
- ShopRite Pharmacy
- Walgreens
- Walmart
- Weis Market Pharmacy

Several independent participating pharmacies also provide these vaccines. To confirm whether your selected pharmacy participates in CareFirst's medical network, please call the member services number on your member ID card.

### Participating retail clinics

*Must be located in our service area of Maryland, Washington, D.C. or Northern Virginia.*

- Minute Clinic (including those in Target stores)
- Walgreens Healthcare Clinic

### Non-participating providers

If your coverage provides for out-of-network benefits, you may also receive a vaccine at a non-participating pharmacy or retail clinic (not listed above). You may be asked to pay the full price of the vaccine at the time of service. You will also need to submit a medical claim form with an itemized receipt listing the cost of the vaccine and the administration fee (if any). Contact member services at the phone number listed on the back of your member ID card for assistance.

<sup>1</sup> Participating pharmacies and retail clinics must be located within the CareFirst service area of Maryland, Washington, D.C. or Northern Virginia.

<sup>2</sup> The lists of participating locations included herein are partial lists only and are subject to change. To confirm if a selected location participates in CareFirst's medical network, contact the member services phone number listed on the back of your member ID card.