

Preventi101nSM

Knowing What You Need and When to Get It



*The Power
of Prevention:
Adult
Immunizations*

Immunizations aren't just for kids. They offer lifelong protection. You are never too old to get immunized. The specific shots adults need are determined by factors such as age, gender, lifestyle, type and travel destinations, overall health and immunization history. Did you know diseases that are easily preventable with adult vaccines kill more Americans each year than car wrecks, breast cancer or AIDS?

MYTH

Adults don't need immunizations unless they are traveling outside the country.

FACT

Vaccines aren't just for travelers and kids. Everyone, from infants to senior citizens, can benefit from immunizations.

Vaccines help prevent infectious diseases and save lives. Far too many adults become ill, are disabled, and die each year from diseases that could easily have been prevented by vaccines.

MYTH

You can get influenza from a flu shot.

FACT

It is impossible to get influenza from the vaccine.

Side effects may occur in some people, such as mild soreness, redness or swelling at the injection site, headache or low-grade fever. Vaccination is a safe and effective way to prevent influenza and its complications.

MYTH

Influenza is no more than a nuisance. Like the common cold, it cannot be prevented.

FACT

Influenza, commonly referred to as the "flu," can be a serious and sometimes life-threatening illness. Influenza and its related complications cause an average of 36,000 deaths and approximately 226,000 hospitalizations in the U.S. each year. You can avoid getting influenza by getting vaccinated each year.



STOP



CALL



SCHEDULE



What You Need

Prevention is the solution to better health, and the first step in prevention is protecting your health by getting your recommended exams and screenings. Follow the **At-A-Glance** guide below for an overview of your recommendations at every age.

AT-A-GLANCE RECOMMENDED IMMUNIZATIONS AND VACCINES FOR ADULTS

VACCINE	AGES 19-49	AGES 50-64	AGES 65 AND OLDER
Tetanus, Diphtheria & Pertussis Vaccine (Tdap) (One time dose) Tetanus & Diphtheria Vaccine (Td) (Every 10 years)	<ul style="list-style-type: none">• Tdap Vaccine should replace a single dose of Td for:<ul style="list-style-type: none">o All adults ages 19-64 who have not received Tdap vaccineo Any adult who has not received Tdap and are in contact with infants younger than 12 months of age		Boost with 1 dose Td Vaccine every 10 years
Human Papillomavirus Vaccine (HPV)	Females ages 9-26 One time 3-dose series	Not Applicable	
Measles, Mumps & Rubella Vaccine (MMR)	One time 1 or 2 doses	One time dose	
Varicella Vaccine (Chickenpox)	One time 2-dose series		
Zoster Vaccine (Shingles)	Not Applicable		One time dose
Influenza Vaccine (Flu Shot)	Annually		
Pneumococcal Vaccine (Pneumonia)	One time 1 or 2 doses		One time dose
Hepatitis A Vaccine	One time 2-dose series		
Hepatitis B Vaccine	One time 3-dose series		
Meningococcal Vaccine (Meningitis)	One or more doses		



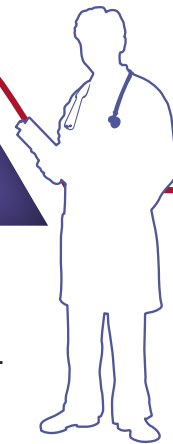
These vaccines are recommended if other risk factor(s), based on medical, occupational, lifestyle and/or other lifestyle or indications, are present.

Note

This immunization/vaccine schedule can change based on the recommendations of the Centers for Disease Control and Prevention (CDC). If you have been in close contact with people who have a contagious disease, or you are planning to travel to places where malaria, typhoid, cholera, yellow fever or other illness are common, contact your health care provider or your local health department for additional information on other recommended immunizations/vaccines.



What to Know About Immunizations and Vaccines



TETANUS, DIPHTHERIA & PERTUSSIS (Tdap)

protects against tetanus, diphtheria and pertussis (whooping cough). All adults ages 19 to 64 should have a shot of Tdap once in their lifetime.

TETANUS & DIPHTHERIA (Td) BOOSTER

VACCINE does not protect against whooping cough (pertussis). All adults need a Td booster shot once every 10 years throughout life.

The CDC recommends getting Tdap within two years from the last dose of Td for:

- Health care workers who have direct contact with patients.
- Child care providers and other adults who have close contact with infants less than age one.
- Anyone who is at greater risk for getting whooping cough, i.e. children who are too young to be fully vaccinated and those who have not completed the primary vaccination series.

HUMAN PAPILLOMAVIRUS (HPV)

VACCINE prevents the most common types of HPV that can cause cervical cancer and genital warts. The vaccine, which is a one time, three-dose series, is recommended for girls and women ages 9 through 26, who have not yet been vaccinated.

MEASLES, MUMPS & RUBELLA (MMR)

VACCINE protects against measles, mumps and rubella. Adults born during or after 1957 may need one or two doses if they do not have evidence of immunity. This vaccine is a one- or two-dose series based on your health care provider's recommendation.

INFLUENZA (FLU) VACCINE

is given annually to prevent the flu. Flu viruses are always changing, so the flu vaccine is updated every year. One dose annually provides protection that lasts up to a year.

The flu vaccine is recommended once a year for:

- Anyone who wants to reduce the chance of becoming ill with the flu or spreading it to others.
- Women who are or will be pregnant during the flu season. (Pregnant women can get the flu shot, but should avoid the nasal spray, FluMist®.)
- People with a chronic health condition, such as asthma, diabetes, heart or lung disorders or anyone with an impaired immune system that puts them at high risk for flu complications.
- Household caregivers and contacts of all children younger than age five, and close contacts of anyone who is at high risk for flu-related complications.

There are two flu vaccines available:

- **FLU SHOT** is an inactivated vaccine (containing killed virus) that is given as an injection. The flu shot is approved for use in healthy people and people with chronic medical conditions.
- **NASAL-SPRAY FLU VACCINE** is a vaccine (also called LAIV for "live attenuated influenza vaccine" or brand name FluMist®) that is made with live, weakened flu viruses that do not cause the flu. Healthy people, ages 2 through 49, can usually get the nasal-spray flu vaccine. Pregnant women should avoid FluMist.

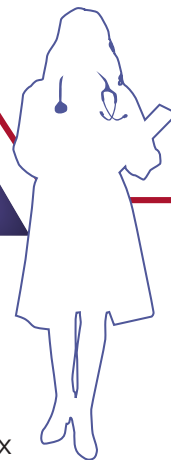


Note

Women should avoid becoming pregnant for 28 days after getting the MMR shot.



What to Know About Immunizations and Vaccines



VARICELLA (CHICKENPOX) VACCINE is the best way to prevent the chickenpox infection, which can be very serious when it occurs in adulthood. This vaccine, which is a one time, two-dose series, is recommended for adults who are not already immune to the chickenpox virus and for women who don't have evidence of immunity and upon completion of pregnancy. Pregnant women and people with immune system problems should not get this shot.

PNEUMOCOCCAL (PNEUMONIA) VACCINE does not necessarily reduce your risk of getting pneumonia, but it may prevent some of its serious complications, such as an infection in the bloodstream (bacteremia) or throughout the body (septicemia). This vaccine is a one- or two-dose series based on your health care provider's recommendation; some adults may need a booster shot after five years if recommended by your health care provider.

NOTE: This shot is different from the pneumococcal conjugate (PCV) shot that is recommended for children.

The pneumonia vaccine is recommended for:

- Adults ages 65 and older.
- Adults ages 19 to 64, who are at risk based on medical, occupational, lifestyle or other indications (i.e. people with asthma or who smoke) should receive this shot.
- Children and adults ages 2 to 64, who have chronic diseases (i.e. heart or lung), do not have a spleen or have a damaged spleen.



ZOSTER (SHINGLES) VACCINE is given to adults to help prevent shingles, which is caused by the same virus that causes chickenpox in children. When this virus becomes active in adults, it can cause herpes zoster, or shingles. Zoster is not a substitute for the chickenpox vaccine. This vaccine is a onetime dose, and is recommended for adults ages 65 and older, even those who have previously had shingles.

HEPATITIS A VACCINE protects against the Hepatitis A virus. This vaccine is a one time, two-dose series and is recommended for adults who have risk factors (such as long-term liver disease) and adults who will be traveling to countries where the virus is common.

HEPATITIS B VACCINE protects against Hepatitis B, a serious disease which is caused by a virus that attacks the liver. This vaccine is a one time, three-dose series and is recommended for adults who may have an increased risk of exposure based on occupation, travel, health conditions or lifestyle.

MENINGOCOCCAL (MENINGITIS) VACCINE protects against bacterial meningitis and blood infections (sepsis). This vaccine is a one time dose and is recommended for adults who live in close, personal contact with others (i.e. college dorm) and adults who are at increased risk of becoming infected from an outbreak of bacterial meningitis, have damaged spleens or plan to travel to countries where bacterial meningitis is common.



What to Track

Create a **Personal Health Record** for yourself and each member of your family to see all of your health care information at a glance in one convenient location. A Personal Health Record table is provided below for your convenience. Be sure to record all your immunizations.

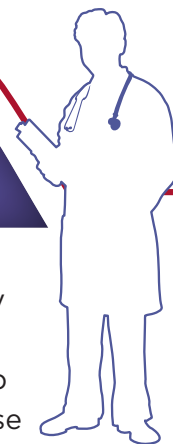
PERSONAL HEALTH RECORD: VACCINES						
VACCINE TYPE	RECORD DATES HERE:					
Tetanus, Diphtheria & Pertussis Vaccine (Tdap) One time dose	1.					
Tetanus & Diphtheria Vaccine (Td) Every 10 years						
Human Papillomavirus Vaccine (HPV) One time 3-dose series	1.	2.		3.		
Measles, Mumps & Rubella Vaccine (MMR) One time (1 or 2 doses)	1.			2.		
Varicella Vaccine (Chickenpox) One time 2-dose series	1.			2.		
Zoster Vaccine (Shingles) One time dose	1.					
Influenza Vaccine (Flu Shot) Annually						
Pneumococcal Vaccine (Pneumonia) One time (1 or 2 doses)	1.			2.		
Hepatitis A Vaccine One time 2-dose series	1.			2.		
Hepatitis B Vaccine One time 3-dose series	1.	2.		3.		
Meningococcal Vaccine (Meningitis) One or more doses	1.					

LOG ON TO TRACK

Keep track of your immunizations using the online "Personal Health Record." Log onto your Member Web site and click on the "Your Health" tab and then "Personal Health Record." Choose the sections you wish to update and follow the prompts. Remember to update your online record each time you or a family member have a screening or exam.



What Other Steps to Take



In addition to knowing what you need and when to get it, taking other steps to stay healthy and support a healthy immune system is important for people of all ages. Germs, such as viruses and bacteria, spread easily from one person to another. Help prevent the spread of infection at work and home by practicing these health defense habits. Keep your germs to yourself!

● **Make sure you and your family get the yearly flu shot.** The CDC recommends a yearly flu shot as the first and most important step in protecting you and your family against this serious disease.

● **Wash your hands.** Frequent hand-washing, especially during cold and flu season, can reduce your risk of catching or spreading a cold or the flu. Washing your hands with soap and water for 20 seconds is the best option. If soap and water are not available, use an alcohol-based product, such as a hand sanitizer. According to the CDC, these products are fast-acting and significantly reduce the number of germs on skin.

● **Cover your mouth and nose when you sneeze or cough.** Cough or sneeze into a tissue and then throw it away. Don't hoard "used" tissues. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

● **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and

then touches their eyes, nose or mouth. Germs can live for a long time on surfaces like telephones, doorknobs, desks and tables.

● **Practice other good health habits, such as eating a well-balanced diet, exercising regularly, drinking plenty of water, getting adequate sleep and controlling stress.** All of these habits help support a healthy immune system.

● **When you are sick or have flu symptoms, stay home, get plenty of rest and check with a health care provider as needed.** Keeping your distance from others may protect them from getting sick. Common symptoms of the flu include: fever (usually high), headache, extreme tiredness, cough, sore throat, runny or stuffy nose and muscle aches.

● **Do I need to go to the emergency room?** No. The emergency room should be used for people who are very sick. If you have the emergency warning signs of flu sickness, you should go to the emergency room. If you get sick with flu symptoms and are at high risk of flu complications or you are concerned about your illness, call your health care provider for advice.

WHAT ARE THE EMERGENCY WARNING SIGNS?

In Children

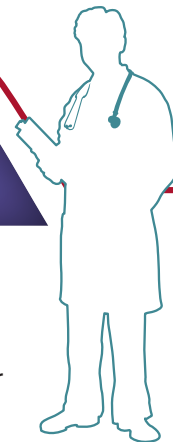
- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable to where they don't want held
- Fever and cough improve but then return worse
- Fever with a rash

In Adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough



Where to Go for More Help



It's not easy putting a plan for preventive care and healthy lifestyles into action. Whether on the Web, on the phone or at the worksite, there are many convenient and accessible wellness resources to help you reach your goals and "have a greater hand in your health."

- **On the Phone.** For more information about immunizations and vaccines, talk with your health care provider or call a Blues On CallSM Health Coach at 1-888-BLUE-428 (1-888-258-3428).
- **On the Web.** Log onto your Member Web site and click on the "YOUR HEALTH" tab. Select the link "Improve Your Health" to enroll in **HealthMedia**[®] online programs or choose "Preventive Care" to explore other available program options on healthy lifestyles.

Or log onto CDC web site at www.cdc.gov for information on vaccines and immunizations or www.flu.gov for information on the flu. Your local State Health Department can also offer helpful information regarding vaccines and other health-related topics.

- **Additional Resources.** Contact your company's wellness coordinator to learn about wellness programs offered at your workplace. Call the Wellness Resource Center at 1-800-650-8442 for information on wellness programs that may be available. Or call the Member Services' phone number on the back of your health insurance ID card for additional resources or to find the wellness program that is right for you.

Lifestyle Returns[®]

If your company participates in Lifestyle Returns, you can receive credit for getting your preventive care exams. To access the "Lifestyle Returns" program, log onto your Member Web site. Under "Quick Resources," click on "Lifestyle Returns" and enter your preventive exams under **Step 3: Take Charge of Your Health.**

LOG ON AND LEARN MORE

To learn more about Vaccines and Immunizations, search the HEALTH TOPICS tab on your Highmark Member Web site. Log on at www.highmark.com, and select your service region. You can search the site for topics of interest to you and your family and stay up-to-date on the latest in health and wellness.



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