

IS IT TIME TO GET IMMUNIZED?

Get the facts

Do you know when to get your immunization boosters or shots, or do you just wait for your doctor to ask you about them? Health Net encourages you to stay on top of your preventive immunizations and screenings with our up-to-date recommended Preventive Guidelines. This easy-to-use guide can be found at www.healthnet.com. Click on *It's Your Life-Wellsite* > *Preventive Guidelines*. The guidelines should be used in partnership with your physician visit. Once you've received your immunization, update this information into your Personal Health Record (PHR) located in the *It's Your Life-Wellsite*. Health Net will send you an email reminder of when your next immunization or health screening is due.



The fact that you're an adult doesn't mean you've outgrown your need for vaccinations. You still need protection against certain diseases. According to the American College of Physicians (ACP), adults are 100 times more likely than children to die from vaccine-preventable diseases.

The ACP and the Centers for Disease Control and Prevention (CDC) recommend the immunizations listed below for most adults, depending on age and health status. The vaccinations can protect you from getting the disease or from having complications.

Must-have shots

- **Influenza.** Ideally, adults 50 and older and younger adults with chronic illness should be vaccinated every fall.
- **Pneumonia.** The CDC recommends a single dose of pneumococcal vaccine for those 65 and older. If it has been five years since your last shot, you may need a booster.
- **Tetanus-diphtheria (Td).** Even if you had a DTP (diphtheria, tetanus, pertussis) shot as a child, you need a Td booster vaccination every 10 years.

Special risk vaccinations

- **Kid stuff.** As a child, you may have had diseases such as measles, mumps, whooping cough and chickenpox, or you were vaccinated against them. If you never had these diseases, or a vaccination, you should be vaccinated now. This is especially important if you live or work in a classroom, dormitory or health care facility.
- **High-risk groups.** Those who live in dormitories are also at higher risk for meningitis. People who work in health care, or have multiple sex partners, same-sex partners, or partners who use drugs, have an increased risk of hepatitis.
- **Travel abroad.** The CDC has information online at www.cdc.gov/travel that will tell you what shots you need, depending on the countries you visit. Check well in advance of travel.

For more information about which immunizations may be right for you or your children, talk to your doctor and go online at www.healthnet.com and go to the *It's Your Life – Wellsite* > *Preventive Guidelines*.