



## ADULT VACCINATION AWARENESS CAMPAIGN

# VACCINES, PREVENTIVE SERVICES, AND YOU

Adult Vaccines Are Part of Healthy Living, Prevention, Cost Savings

## IMMUNIZATIONS

**Working-age adults – not just kids and the elderly – need immunizations against vaccine-preventable diseases (VPDs).** We don't "outgrow" the need to be immunized against major VPDs like influenza, pneumococcal disease, tetanus or hepatitis B. Newer vaccines may provide additional protection to adults who were first vaccinated in childhood. Some vaccines require additional or "booster doses" to keep protecting. Changes in a person's health and circumstances over time also may create the need for adult immunizations. Occupational risks, job related travel, or associated health risks such as diabetes, cardiovascular disease, cancer and smoking may indicate the need for vaccination in working-age adults.

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## DID YOU KNOW?

Vaccination can keep you, your family and coworkers – even complete strangers – healthier. Vaccines guard against some of the worst community-acquired VPDs – those that are spread among people by touch, through fluids, or through the air. It's a simple truth: the more people who get vaccinated against a disease, the harder it is for that disease to spread.

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# ADULT VACCINATION AWARENESS CAMPAIGN

**Vaccination is safe. Vaccines are one of the great achievements of medicine.** Today, vaccines protect billions of people from terrible diseases that once killed countless numbers, and the search for new vaccines continues. In the U.S. and other developed countries, past scourges like polio and measles have been brought under control by the ongoing use of vaccines. Unfortunately, some people remain fearful of vaccines. Some wrongly believe that vaccines cause the disease that they actually prevent or present other risks. Adverse reactions are extremely rare. Some think that because a disease has been controlled in our country, that they (or their kids) don't need "those shots" anymore. It isn't true!

**Vaccination makes dollars and sense.** Vaccination is one of the most cost-effective public health measures ever developed. Most health care plans already cover immunization against VPDs as listed by the Centers for Disease Control and Prevention (CDC).

**Starting in 2015, under the Affordable Care Act, children and adults may receive the CDC-recommended immunizations against VPDs without any patient co-pay or other out-of-pocket cost through their primary provider network.\*** You should talk to your health care provider to find out if you are current on your immunizations, and to your health care plan if you have questions about coverage.

## RECOMMENDED IMMUNIZATIONS

These adult immunizations are recommended by the Centers for Disease Control and Prevention, and also are identified as preventive services under the Affordable Care Act.\*\* A patient's doctor will determine whether he or she needs a vaccine based on factors including age, sex and medical history including previous vaccinations.

- Influenza
- Pneumococcus
- Hepatitis A and Hepatitis B
- Herpes Zoster (Shingles)
- Human Papillomavirus (HPV)
- Measles/Mumps/Rubella
- Meningococcus
- Tetanus/Diphtheria/Pertussis (Td/Tdap)
- Varicella (Chickenpox)

**Staying current on your vaccinations is smart. Vaccines can help you stay healthy and on the job – able to earn a living, care for your family, and avoid the high costs of lost work and sickness.**

**DON'T WAIT – VACCINATE!**

\* <https://www.healthcare.gov/what-are-my-preventive-care-benefits/>

\*\* <http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easy-read.pdf>

ALL-VAX provides multiemployer funds with tools to help raise awareness about the benefits of adult immunization against vaccine-preventable diseases. Go to [www.ALL-VAX.org](http://www.ALL-VAX.org). ALL-VAX is part of NCCMP's UNITED FOR HEALTHY LIVING CAMPAIGN.

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