



Protecting yourself with immunizations



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Vaccines you may need

Vaccines are another way to protect your health. Stay up to date with your vaccines. Below are some of the vaccines the Centers for Disease Control and Prevention (CDC) recommends for adults. These may not include all the vaccines that are recommended for you. You may also need additional vaccines when travelling to other countries. Talk with your healthcare provider about what vaccines are right for you.

Hepatitis A vaccine

The hepatitis A vaccine is for adults at an increased risk for infection. It is also for anyone who wants protection from hepatitis A. Those with increased risk for hepatitis A include people who:

- Have HIV infection or chronic liver disease
- Travel to certain countries
- Use injection or noninjection drugs

Hepatitis B vaccine

The hepatitis B vaccine is recommended for adults ages 19-59, and adults age 60 and over with certain risk factors, such as those who:

- Work in the healthcare field

- Have HIV infection or chronic liver disease
- Use injection or noninjection drugs
- Have sexual exposure risk
- Want protection from hepatitis B
- Are on dialysis
- Have diabetes

Flu vaccine

The flu vaccine is for everyone aged 6 months and older. The vaccine is recommended every year for the flu season. This is important especially if you have a chronic health condition. Some examples are lung disease or diabetes. You may also want the flu vaccine if you are pregnant. Ask your healthcare provider what is right for you.

COVID-19 vaccines

One or more doses of the updated COVID-19 vaccine is recommended for adults. Ask your healthcare provider or pharmacist about the schedule that is right for you.

Respiratory syncytial virus (RSV) vaccine

The RSV vaccine is approved for adults aged 60 and over to protect against infection caused by the virus. The RSV vaccine is recommended during September through January for those who are pregnant at 32 to 36 weeks gestation to protect their newborn baby against RSV. Ask your healthcare provider if getting this vaccine is right for you.

Pneumococcal vaccines

The Prevnar 13, Prevnar 20, Vaxneuvance 15, and Pneumovax 23 vaccines protect against pneumonia and blood infections. Sometimes one or more of these vaccines may be recommended. Ask your healthcare provider what is right for you.

Getting the pneumonia vaccine may be good for:

- All adults aged 65 or older
- Adults who smoke cigarettes
- Adults aged 19 to 64 with certain health conditions including diabetes; heart, lung, liver, or kidney disease; a decreased immune system



(for example cancer, HIV, damaged or no spleen); sickle cell disease; organ transplants; cerebral spinal fluid (CSF) leaks; and cochlear implants

Pertussis vaccine

The pertussis vaccine protects against whooping cough. It is not available by itself, but is combined with a tetanus/diphtheria booster, Tdap. You can get the Tdap vaccine regardless of when you had a Td (tetanus booster). The pertussis vaccine is also recommended for those who are pregnant to protect their newborn baby against whooping cough.

Tetanus vaccine

Tetanus is a condition that causes muscle spasms throughout the body. It is often called lockjaw. The tetanus vaccine is available along with the pertussis (whooping cough) vaccine as the Tdap for adults. Ask your healthcare provider if you should also get the pertussis vaccine. Adults should have a one-time tetanus vaccine (Tdap) and a tetanus booster (Td or Tdap) every 10 years. One dose of Tdap is also recommended during each pregnancy. The Tdap may also be given in other special situations.

Zoster (shingles) vaccine

The Shingrix shingles vaccine is approved for adults over age 50. The shingles vaccine is recommended regardless of your history of shingles. The shingles vaccine is also recommended for people age 19 or over with a decreased immune system. Talk to your healthcare provider about whether getting the shingles vaccine may be right for you.

Varicella (chicken pox) vaccine

The varicella vaccine protects against chicken pox. Adults who have never had chicken pox may also get the varicella vaccine.

Meningitis vaccine

The meningitis vaccine may be recommended for some adults to protect against



meningococcal meningitis, a bacterial infection. There are several different types of meningitis vaccines available. The vaccine may be recommended for adults at risk of infection including those who live or travel to places where the disease is common, those at increased risk during an outbreak, have certain conditions that affect the immune system, or have a damaged or no spleen.

Measles, mumps and rubella (MMR) vaccine

This vaccine protects against measles, mumps, and rubella. This vaccine may be recommended for adults who do not have evidence of immunity, or protection against, measles, mumps, or rubella. For many adults, evidence of immunity may include being born before 1957, documentation that you had the MMR vaccine before, or from lab test results. There

are also special situations where the MMR may or may not be right for you. Please talk to your healthcare provider about what is right for your health.

Mpox vaccine

This vaccine is recommended for any person at risk for mpox infection to protect against mpox. The vaccine is given in two doses.

Human papillomavirus (HPV) vaccine

The HPV vaccine protects against cancers that are caused by the HPV virus. This vaccine is recommended for all persons through age 26. Some adults aged 27 to 45 may consider getting the vaccine after reviewing with your healthcare provider. Ask your healthcare provider what is right for you.

Talk with your healthcare provider about vaccines

Periodically discuss vaccines with your healthcare provider. Together you and your healthcare provider can review factors such as age, health history and previous vaccines you have received to determine which vaccines might be due for you to help protect your overall health.

To find out more about recommended vaccines and when to get them, you can visit <https://www.cdc.gov/vaccines/schedules/index.html> to view the current CDC vaccine schedules. You may also call **1-800-CDC-INFO (1-800-232-4636)**.



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