

## Before you make a trip to the pharmacy:

- Check to make sure your network pharmacy participates in this program and if there are any restrictions. Ask if the vaccine is available.
- Talk with your doctor about which vaccines are right for you. You may need a prescription.

Questions? Call the number on the back of your Highmark member ID card.



Protect yourself.

Protect your loved ones.

Plan to get your vaccines today.



Benefits and/or benefit administration may be provided by or through the following entities, which are independent licensees of the Blue Cross Blue Shield Association:

Western and Northeastern PA: Highmark Inc. d/b/a Highmark Blue Cross Blue Shield, Highmark Choice Company, Highmark Health Insurance Company, Highmark Coverage Advantage Inc., Highmark Benefits Group Inc., First Priority Health, First Priority Life or Highmark Senior Health Company. **Your plan may not cover all your health care expenses. Read your plan materials carefully to determine which health care services are covered. For more information, call the number on the back of your member ID card or, if not a member, call 866-459-4418.**

Delaware: Highmark BCBSD Inc. d/b/a Highmark Blue Cross Blue Shield.

West Virginia: Highmark West Virginia Inc. d/b/a Highmark Blue Cross Blue Shield, Highmark Health Insurance Company or Highmark Senior Solutions Company. **Visit <https://www.highmarkbcbswv.com/networkaccessplan> to view the Access Plan required by the Health Benefit Plan Network Access and Adequacy Act. You may also request a copy by contacting us at the number on the back of your ID card.**

Western NY: Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Cross Blue Shield.

All references to "Highmark" in this document are references to the Highmark company that is providing the member's health benefits or health benefit administration and/or to one or more of its affiliated Blue companies.

07/24 MX3830950

# Vaccines, now with an extra dose of easy.



Get select no-cost immunizations at network pharmacies.



# Here are three really good reasons to get your vaccines.

**1** They help stop preventable diseases.

**2** You can get them at most nearby participating network pharmacies.

**3** They're available at no cost to you through your outpatient pharmacy benefit.<sup>†</sup>

Need more?

## Adult Vaccine Recommendations

### Human papillomavirus (HPV) series:

- Adults ages 26 and younger
- Adults ages 27 – 45 at risk or per doctor's advice

### Measles, mumps, and rubella (MMR):

- Adults born in 1957 or later, who did not have evidence of immunity against measles, should get at least one dose of the MMR vaccine. Visit [cdc.gov/vaccines](https://www.cdc.gov/vaccines) for more information.

### Varicella (chickenpox):\*

- Adults born in the U.S. in 1980 or later

### Zoster (shingles):

- Adults ages 50 and older
- Adults ages 19 – 49 with an immunocompromising condition

### Pneumococcal polysaccharide:

- Adults ages 65 and older

<sup>†</sup>The preventive vaccines listed in this brochure are available through this program for applicable members who meet all necessary state requirements that apply to the administration of vaccines in a retail pharmacy (such as specific vaccines that are allowed in the retail setting, age of patient, prescription requirements, etc.). These regulations vary by state. Check with your pharmacy for any such restrictions.

### Vaccines available to you at no cost:\*

- Chickenpox (varicella)
- COVID-19
- Diphtheria, tetanus (Td/Tdap)
- Diphtheria, tetanus, pertussis (DTaP)
- Flu
- Haemophilus influenzae type B (Hib)
- Hepatitis A
- Hepatitis B
- Human papillomavirus (HPV)
- Measles, mumps, rubella (MMR)
- Meningitis
- Mpox
- Pneumonia
- Polio (IPV)
- Respiratory syncytial virus (RSV)
- Rotavirus
- Shingles

### Other vaccines you may need:

**Tetanus, diphtheria, and pertussis (whooping cough):** This is a one-time dose given every 10 years and is different from the tetanus vaccine (Td).

**Flu:**<sup>\*</sup> Recommended every year, especially for pregnant women, older adults, and people with chronic health conditions.

**COVID-19:** One or more doses of the updated vaccine depending on your health.

\*Live vaccines should not be given to individuals with a weakened immune system, including those with a CD4 count less than 200, or to pregnant women.