Getting Vaccinated and Staying Healthy

AgeWell New York offers health care coverage to support your health care needs, and gives you resources to help you stay healthy. Health and disease management education is a vital part of maintaining and managing your overall health and wellness- at every stage of your life.

Benefits of Adult Vaccines

Getting recommended vaccinations are part of ongoing health and prevention and help reduce the risks of getting or spreading infectious disease.

According to the Centers for Disease Control and Prevention (CDC), every year, thousands of adults are hospitalized and even die due to a disease that may have been prevented with a vaccine. Vaccines work with the body’s natural defenses to develop immunity to disease. As we get older, our immune systems are weakened and more susceptible to disease.

Not getting vaccinated can put you and those around you at serious risk. Vaccines are recommended yearly based on age and risk factor. Speak to your doctor and ensure that you are up to date on your recommended vaccines.

We’re here for your call.
Toll Free 1.866.586.8044
TTY/TDD 1.800.662.1220
info@agewellnewyork.com

Language is not a barrier. We offer interpretation services. We have a bilingual staff and providers, and written materials are available in several languages. Oral interpretation services are made available free of charge. Simply let us know your language requirements, and we will meet your needs.

Welcome 환영합니다 歡迎 добро пожаловать
Bienvenido Benvenuto Alo é Byenveni

1.866.586.8044 agewellnewyork.com
According to the CDC, each year, on average, more than 200,000 people are hospitalized due to influenza and between 3,000 and 49,000 die. About 900,000 people get pneumococcal pneumonia every year, leading to as many as 400,000 hospitalizations and 19,000 deaths.

The flu is caused by influenza virus and symptoms include fever, fatigue, headache, body aches and more.

Pneumonia is an infection caused by streptococcus pneumoniae bacteria, also known as pneumococcus and can cause pneumonia, meningitis and bloodstream infection. Symptoms include fever, cough, chest pain, shortness of breath and more.

To reduce your risks of getting sick, AgeWell New York recommends you get a flu and pneumococcal vaccine. It is recommended that all age groups receive a flu shot annually and a pneumococcal vaccine is recommended for adults 65 and older and for people with chronic conditions or weakened immune systems. Both vaccines are fully covered by Medicare Part B with no coinsurance, copayment, or deductible.

<table>
<thead>
<tr>
<th>Hepatitis A *</th>
<th>Some medical conditions or lifestyle may put you at higher risk. Speak with your provider about receiving this vaccine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hepatitis B *</td>
<td>Some medical conditions or lifestyle may put you at higher risk. Speak with your provider about receiving this vaccine</td>
</tr>
<tr>
<td>Influenza (flu)</td>
<td>Yearly- all ages</td>
</tr>
<tr>
<td>Measles, Mumps, and Rubella (MMR)</td>
<td>Two doses of MMR vaccine are recommended for all people born in 1957 or later.</td>
</tr>
<tr>
<td>Meningococcal*</td>
<td>Some medical conditions or lifestyle may put you at higher risk. Speak with your provider about receiving this vaccine</td>
</tr>
<tr>
<td>Pneumococcal</td>
<td>1 dose- Adults 65 and older and for people with chronic conditions or weakened immune systems.</td>
</tr>
<tr>
<td>Tetanus, diphtheria, and pertussis (Tdap)/Td</td>
<td>every 10 years- All adults</td>
</tr>
<tr>
<td>Shingles (Herpes Zoster)</td>
<td>One dose is recommended for adults 60 and older, whether or not they have had shingles.</td>
</tr>
</tbody>
</table>

Please consult with your healthcare provider for your specific needs. This brochure is a guide and should not be substituted for medical advice from your physician. Sources: Vaccines.gov, Centers for Disease Control and Prevention (CDC)