

# For Your Health

## Flu Shot and Pneumonia Shot

**At Aetna, we believe there is nothing more important than your health. That's why we're pleased to give you information to help you manage your health.**

**Read on to learn more.**

### Go To Your Doctor To Update Your Shots\*

#### Flu Shot (Influenza Vaccine)\*\*

- The flu is caused by a virus that spreads from people with the flu to the nose and throat of other people without the flu.
- Anyone can get the flu.
- Flu shots can keep you from getting the flu.
- You can get a flu shot at the same time you get other shots, such as the pneumonia shot.
- The flu shot is updated every year because the viruses that cause the flu change.
- The flu shot does not contain live viruses, so you cannot get the flu from the shot.

\*Recommended by the U.S. Preventive Services Task Force and/or the Advisory Committee on Immunization Practices.

\*\*Services described in this communication are subject to benefits plan design and availability.

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For maximum effectiveness, doctors advise people to get vaccinated in October or November, the start of flu season. However, getting vaccinated in December or even later can still be beneficial. Flu season can begin as early as October and last as late as May. Call your doctor for an appointment to get a flu shot.

#### Pneumonia Shot (Pneumococcal Vaccine)

*Review your vaccine history with your doctor and ask if you need this shot.\*\**

- Pneumococcal disease can cause pneumonia (infections of your lungs), meningitis (problems with the covering of your brain), or an infection in your bloodstream.
- Anyone can get pneumococcal disease.
- If you are 65 or older, or if you have diabetes or high blood pressure, you are more likely to get pneumococcal disease.
- Also, kids under age 2 are more likely to get pneumococcal disease.

#### Important Health Tips

- Make sure your medical records are up to date.
- If you received shots from a different doctor, be sure to give your past records to your current doctor.
- Write down the name and date of each shot you get.

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