

healthy choices



live well. be well.

Immunization Awareness

Immunizations based on CDC guideline.
Plan pays 100%; no deductible.

Out-of-Network plan pays 60%
of allowable charge after deductible.

Reasons It Is Important for Adults to Get Vaccinated.

1. Vaccines have saved lives for over 100 years, but serious disease is still a threat!
2. Vaccines are the best way to protect yourself and loved ones from preventable disease.
3. Vaccines can prevent serious illness.
4. The vaccines you receive are safe.
5. Vaccines may be required.

What vaccines do you need?

All adults should get the flu vaccine every year to protect against seasonal flu Td/Tdap to protect against tetanus, diphtheria, and pertussis (whooping cough).

Based on your age, health conditions, vaccines you received as a child, and other factors, you may need additional vaccines such as:

- **Chickenpox**
- **Hepatitis A**
- **Hepatitis B**
- **Human Papillomavirus (HPV)**
- **Measles, Mumps, and Rubella**
- **Meningococcal**
- **Pneumococcal**
- **Shingles**

Vaccines aren't just for kids. Grown-ups need them too.

Things You Should Do If Your Primary Care Doctor Is Retiring

Everyone wants a long-term relationship with a primary care doctor who guides them through the multiple stages of life. But there's one thing that can throw a wrench into that plan – retirement.

Practitioners are retiring when their trusted guidance is needed most. This can be a frightening prospect. Over the years, our family physicians can become extensions of our own families. But when it's your primary care doctor, it can create some uncertainty.

Here's what you should think about when your primary care doctor retires.

- What is the plan for your medical records?
- Think about a plan for refilling prescriptions.
- Reevaluate the care you've been receiving, and the care you'd like to receive.
- Consider alternative primary care options.
- Meet potential new doctors before you decide.



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