

# Routine check-ups and immunizations – they’re still important!

**It’s essential to get routine check-ups, screenings and vaccinations** – they keep you and your family well, and they help protect the community. The COVID-19 pandemic may have delayed your routine visits, and we want to remind you that it’s important to schedule them now. Medical offices and clinics in Harvard Pilgrim’s provider network will ensure your safety so that you and your family can continue to get the care you need during the pandemic.

**Talk to your provider and make sure you are up-to-date on recommended vaccinations.**

Don’t forget to schedule your Annual Well Visit. Not only are Annual Well Visits covered in full, but they also provide the time and place for kids and adults to get important vaccinations.

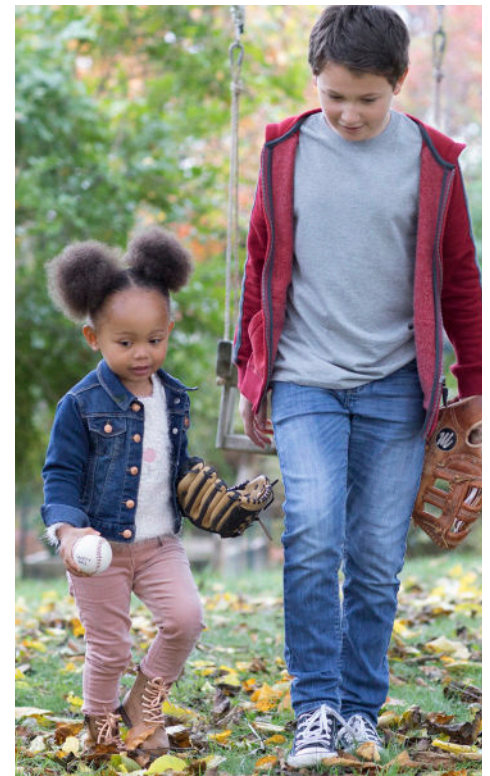


**Here is a list of some typical vaccinations everyone needs, grouped by age\***

<b>Pediatric Vaccinations</b> include: (ages 0 – 6 years)	<b>Adolescent Vaccinations</b> include: (ages 7 – 18 years)	<b>Adult Vaccinations</b> include:
DTaP (Diphtheria, Tetanus, acellular Pertussis) – 5 doses	1 dose Meningococcal conjugate vaccine (MenACWY)	Tetanus, diphtheria, pertussis vaccine (Tdap) – 1 dose every 10 years
Rotavirus – 2 or 3 doses (depending on type given)	2 doses Human Papillomavirus vaccine (HPV)	A yearly Influenza vaccine (flu)
Inactivated Polio vaccine – 4 doses	A yearly Influenza vaccine (flu)	Zoster recombinant – 2 doses starting at age 50

**Read on for more.**

Keeping up to date on vaccinations is more important than ever.



\* Individual patient needs may vary, based on your unique clinical situation and your provider’s recommendation.

Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care, Harvard Pilgrim Health Care of New England and HPHC Insurance Company.



## Flu shots

Doctors recommend everyone six months of age and older get a flu vaccine every year. It's especially important for people at high risk, including those who are:

**65 years and older, individuals with certain chronic conditions (such as asthma, diabetes, multiple sclerosis or heart disease)**

**Pregnant women and children younger than five years of age**

### **When and where to get the flu vaccine:**

**September through November** are good months to get the flu vaccine. Getting it in December or later is still beneficial.

**Important to note:** the pandemic may impact when, where and how flu vaccines are administered this year. Talk to your provider about how to get your flu vaccine safely, whether in the office or another way.

Visit

**to get the most up-to-date information.**