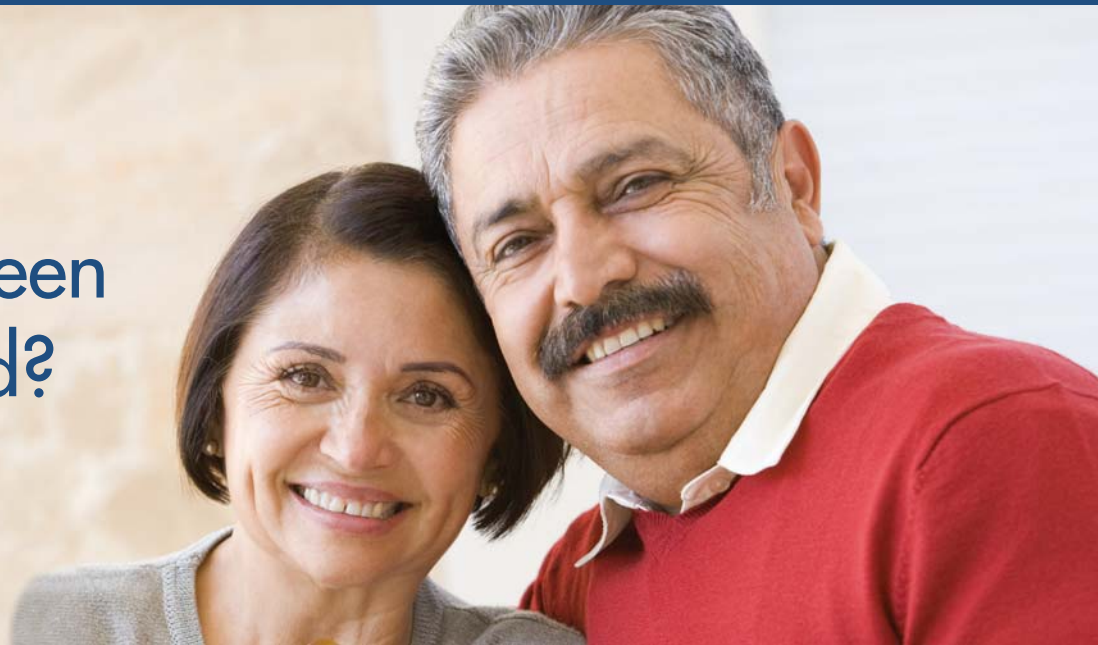




# Have You Been Vaccinated?



You can help protect yourself from illnesses such as the flu, pneumonia and shingles by getting a vaccine.

Blue Cross and Blue Shield of New Mexico (BCBSNM) and your employer care about your health and wellness. So, we have joined together to help you to be protected from the flu, pneumonia and shingles.

Vaccinations are available at participating pharmacies for BCBSNM members\* and their covered dependents. To view a searchable list of participating pharmacies, visit [www.bcbsnm.com](http://www.bcbsnm.com) and log in to Blue Access® for Members. Click on *Learn more about your pharmacy benefits* under *Quick Links* on the right, and then on *Prime Therapeutics* on the left. This will take you to the Web site of our pharmacy benefit manager. When you click on *Retail Pharmacy Vaccine Administration Network*, under *News & Perspectives*, you can search the list. Contact your selected location to find out hours during which vaccinations will be given and to make an appointment, if necessary. The following contracting pharmacies have participating locations:

- Kmart Pharmacy – [www.kmart.com](http://www.kmart.com)
- Sav-on Pharmacy – [www.savon.com](http://www.savon.com)
- Walgreens – [www.walgreens.com](http://www.walgreens.com)

Remember to present your BCBSNM ID card when you visit any of these pharmacies to receive a vaccination so you are charged the appropriate copayment amount, if applicable, and a claim can be submitted. A copayment applies for most members. Check your benefit booklet or call the Customer Service number on the back of your ID card to find out what may apply for your particular plan.

Age limitations, advance registration or other requirements may apply. For your convenience, you are encouraged to contact your selected pharmacy in advance for complete details and to confirm that location's participation. For more information about who should receive these vaccinations, see the back of this flier.

*\*Applies to Blue Cross and Blue Shield of New Mexico (BCBSNM) members with pharmacy benefits that include coverage for these vaccinations as part of the BCBSNM pharmacy benefit. If you are a member whose prescription drug plan is not administered through BCBSNM, or coverage for these vaccinations is not included in your particular plan, please contact your employer group benefits administrator for information about the availability of vaccinations through your health plan.*

# Who Should Be Vaccinated

The Centers for Disease Control and Prevention recommends that the following people receive the flu, pneumonia and shingles vaccinations.

## Flu

A flu shot is recommended for:

- people age 50 or older
- those who live in a nursing home
- people who have certain chronic health conditions
- pregnant women
- health care workers, people who live with others who are at high risk of flu complications, and those who live with or care for children less than 6 months old
- children ages 6 months to 19 years

Unless your doctor advises, you should *not* get a flu shot if you:

- have ever had a severe allergic reaction to eggs
- have ever had a severe allergic reaction to a flu shot
- have had Guillain-Barré syndrome

## Shingles

The shingles vaccine is recommended for people age 60 and older, except those who:

- have had a life-threatening allergic reaction to gelatin or the antibiotic neomycin
- have a severe allergy to any component of the vaccine
- have a weakened immune system as a result of leukemia, lymphoma or any other blood or bone cancer
- have HIV/AIDS and have T-cell counts below 200
- are being treated with drugs that affect the immune system, including high-dose steroids
- are women who are or might be pregnant

## Pneumonia

The pneumonia vaccine PPSV (pneumococcal polysaccharide vaccine) is recommended for people who are:

- age 65 or older
- age 2 through 64 and have a long-term health problem such as:
  - heart disease
  - lung disease
  - sickle cell disease
  - diabetes
  - alcoholism
  - cirrhosis
  - leaks of cerebrospinal fluid or a cochlear implant
- age 2 through 64 and have a disease or condition that lowers the body's resistance to infection, such as:
  - Hodgkin's disease
  - lymphoma or leukemia
  - kidney failure
  - multiple myeloma
  - nephrotic syndrome
  - HIV infection or AIDS
  - a damaged spleen, or no spleen
  - an organ transplant
- age 2 through 64 and are taking a drug or having a treatment that lowers the body's resistance to infection, such as:

- long-term steroids
  - certain cancer drugs
  - radiation therapy
- age 19 through 64 and:
  - are a smoker
  - have asthma

Unless a doctor advises, the following people should *not* receive a PPSV shot:

- anyone who has had a life-threatening allergic reaction to the PPSV vaccine
- anyone who has a severe allergy to any component of a vaccine – tell your provider if you have any severe allergies
- anyone who is moderately or severely ill when the shot is scheduled may be asked to wait until they recover before getting the vaccine – someone with a mild illness can usually be vaccinated
- although there is no evidence that PPSV is harmful to either a pregnant woman or to the fetus, it is not recommended that a woman receive the vaccine during pregnancy – pregnant women who have chronic illnesses should consult their provider before being vaccinated. Women who have underlying conditions known to put them at risk of pneumococcal disease should be vaccinated before becoming pregnant, if possible