

# Who Should Get a Flu and Pneumonia Shot?



800.508.2581

## THE FOLLOWING PEOPLE SHOULD GET A FLU SHOT:

- anyone 50 years of age or older
- all children 6 months to 18 years of age
- residents of long-term care facilities
- people with chronic health problems
- anyone with a weakened immune system
- women who will be pregnant during the flu season
- people living with or caring for a person who has any of the above high-risk conditions

A flu shot should be given every year.

**FLU SHOTS ARE NOT RECOMMENDED FOR CHILDREN LESS THAN 6 MONTHS OLD.**

## YOU SHOULD ALSO GET A PNEUMONIA SHOT IF YOU ARE:

- at least 65 years of age
- over 2 years old and have a long-term health problem
- over 2 years old and have a weakened immune system
- are from certain Native American populations

Pneumonia shots are usually given once, but can usually be repeated every five years.

The flu vaccine is usually given in the fall, but the pneumonia vaccine can be given anytime. Talk to your PCP to get these vaccines. We advise you to get these vaccines as part of your benefits with us.



**FOR MORE INFORMATION**, call Care Management 1.800.508.2581 (TTY: 1.800.473.0989).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711).

For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711). La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).

ព័ត៌មាននេះអាចមានសំខាន់ណាស់សម្រាប់អ្នក: មានជូនជាភាសាផ្សេងទៀត និងក្នុងទម្រង់ដទៃទៀត តាមរយៈការទូរស័ព្ទទៅខាងសេវាសមាជិករបស់យើង 1.800.414.9025 (ចំពោះអ្នកមានបញ្ហាខាងការសំឡេង: 711)។

此通知里的信息有其它语言及格式, 请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).