

> VACCINATIONS NOW COVERED AT PHARMACIES

Vaccinations are some of the most important tools available for preventing disease, according to the U.S. Centers for Disease Control and Prevention.

Why get vaccinated?

Vaccinations not only protect adults and children from developing a potentially serious disease, but they also protect the community by reducing the spread of infectious disease. If enough people are immunized, diseases are less likely to be transmitted through a population.

Through your Moda Health pharmacy benefit, you can now receive convenient immunization services at select network pharmacies.

What vaccines are covered?

- **Influenza.** Common influenza causes fever, sore throat, cough, chills, headache and muscle aches. The best time to get your flu shot is in October or November, before the height of flu season; however, vaccination later in the season also can help protect against the flu. Covered products include inhalation and injectable formulations. One vaccination is covered in a nine-month period. High dose and nasal influenza vaccines are covered for specific age ranges, based on FDA guidelines. Please contact Moda Health Pharmacy Customer Service for more information.
- **Meningococcal.** Meningococcal disease is a rare but potentially fatal condition that causes meningitis, which affects the fluid surrounding the brain and spinal cord. Infection can lead to permanent neurological damage such as hearing loss or learning disabilities and can even progress to death within 24 to 48 hours. It is spread through the exchange of respiratory and throat secretions from the infected individual.
- **Pneumococcal.** Pneumococcal disease can result in serious, sometimes fatal infections of the lungs (pneumonia), the blood (bacteremia) and the brain (meningitis). The pneumococcal vaccine can be administered at any time of the year and provides long-term protection for most individuals. This

vaccine includes Prevnar 13® and Pneumovax 23® covered for adults 65 years or older.

- **Hepatitis A and hepatitis B.** Hepatitis A is a liver disease that can cause nausea, vomiting and other serious symptoms. Hepatitis A is spread through contaminated food or water and contact with infected animals or humans. It is not a life-long disease. Hepatitis B is a serious viral disease that attacks the liver and can cause liver damage, liver cancer and death. Hepatitis B is spread through contact with blood or bodily fluids from persons who are infected.
- **Tetanus, diphtheria and pertussis.** Tetanus is a severe infection that is not contagious but can be fatal if left untreated. It is caused by bacteria that are found virtually everywhere. Tetanus bacteria can enter the bloodstream through a wound opening.

Diphtheria is a contagious disease that spreads through direct contact with an infected person, usually via coughing or sneezing. Like tetanus, it can be fatal if left untreated.

Pertussis, commonly called “whooping cough,” affects the respiratory tract, causing excessive coughing fits that can disturb normal breathing. This disease might at first appear to be a regular cold and can last for weeks or months before diagnosis.

- **Shingles (herpes zoster).** Shingles is a rash that usually appears on one side of the body. It will often blister, can last up to 30 days and can be painful. This vaccine includes Zostavax® used for adults 60 years or older to prevent shingles. One vaccination will be covered for members 60 years or older in a lifetime.
- **Human papilloma virus (HPV).** Genital HPV is the most common sexually transmitted virus in the U.S. Gardasil® and Cervarix® help protect against some of these HPV strains which can cause cervical cancer. It is important that all three doses are received. Cervarix® is covered for females ages nine to 26. Gardasil® is covered for both males and females ages nine to 26.

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- **Polio.** Poliovirus is highly infectious, especially 7-10 days before symptoms arise. Most polio infections are not symptomatic, but may cause sore throat, fever, nausea, and influenza-like illness. Paralysis occurs in about 1% of polio infections. Vaccination against poliovirus is recommended for all children.
- **Varicella.** The varicella vaccine is used to prevent chickenpox and the possible rare but potentially fatal consequences of chickenpox infection.
- **Measles, Mumps, and Rubella.** Measles is a contagious virus transmitted through coughing or

sneezing. Signs of infection include rash, fever, cough, runny nose, or pink eye.

Mumps is transmitted through the air, similar to measles, but is not as infectious. It is characterized by muscle soreness, loss of appetite, fever and most commonly sore throat.

Rubella virus is spread person to person via airborne transmission or droplets. It is moderately contagious, and is most contagious when a rash appears. Joint pain is most common in women who contract rubella, and rare in children and males.

How much will I pay?

Nothing. You will have no copay at a network vaccination pharmacy.

Network pharmacies

Call ahead of time to make sure the pharmacy has the vaccine you need. Show your Moda Health ID card to the pharmacist for billing before receiving a vaccine — otherwise, it may not be covered.

The following participating chain pharmacies provide vaccines:

- Rite Aid
- Fred Meyer
- Target
- Bartell Drugs
- Safeway

For a complete list of network pharmacies or if you have questions, call Moda Health Pharmacy Customer Service at 888-361-1610.

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