

Routine checkups and immunizations — they're still important!

It's essential to get routine checkups, 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 are working hard to ensure patient 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 Visits. Not only are Annual Well Visits covered in full, but they are also 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:*

Pediatric Vaccinations include: (ages 0–6 years)	Adolescent Vaccinations include: (ages 7–18 years)	Adult Vaccinations include:
DTaP (diphtheria, tetanus, acellular pertussis) – 5 doses	2 doses 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

* Individual patient needs may vary, based on your unique clinical situation and your provider's recommendation. For a complete list of the vaccine recommendations by age, visit www.cdc.gov/vaccines.

You could win a \$50 gift card!

We're giving away \$50 gift cards to several lucky members, selected by random drawing, who attest to receiving a flu shot. After you've received yours, [attest here](#). Don't miss out on this chance to stay healthy and get rewarded!



Read on for more.

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, and 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:

- Now is the time to get a flu shot, but getting it in December or later still helps.
- The pandemic may affect 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. Providers include:
 - Your primary care provider or family pediatrician
 - Harvard Pilgrim-participating MinuteClinics (MA, NH, ME, RI and CT locations only)
 - Harvard Pilgrim-participating pharmacies (e.g., CVS, Walgreens) for members age 3 and older*
 - Public and community-based clinics

*Pediatric flu shots (for members age 3-18) are covered at pharmacies for the entire 2020-2021 flu season.

**Learn
more**

Visit www.harvardpilgrim.org/vaccines.