

Protect yourself,
and those around
you, by getting the
immunizations
you need.



“Start *the* Conversation...”

***Talk to your health care provider
about the immunizations
that are right for you.***



As part of your routine health care, talk with your health care provider about the immunizations you need.

Receiving appropriate immunizations is now more important and more accessible than ever.

Saves you money!

- Your insurance likely covers the cost of many vaccines.
- People who get their immunizations miss less work than those who don't.

Protects those around you!

- Young children and seniors are at higher risk for disease so getting immunized helps protect your children, parents, grandparents AND you.
- By getting immunizations, including the annual flu shot, you help reduce the spread of disease among co-workers and your community.

Improves your overall health!

- If you have a chronic condition like asthma, diabetes, or heart disease, getting diseases like flu or pneumonia can lead to serious complications, hospitalization or even death.

Join the millions who have safely received adult immunizations. Talk with your health care provider.