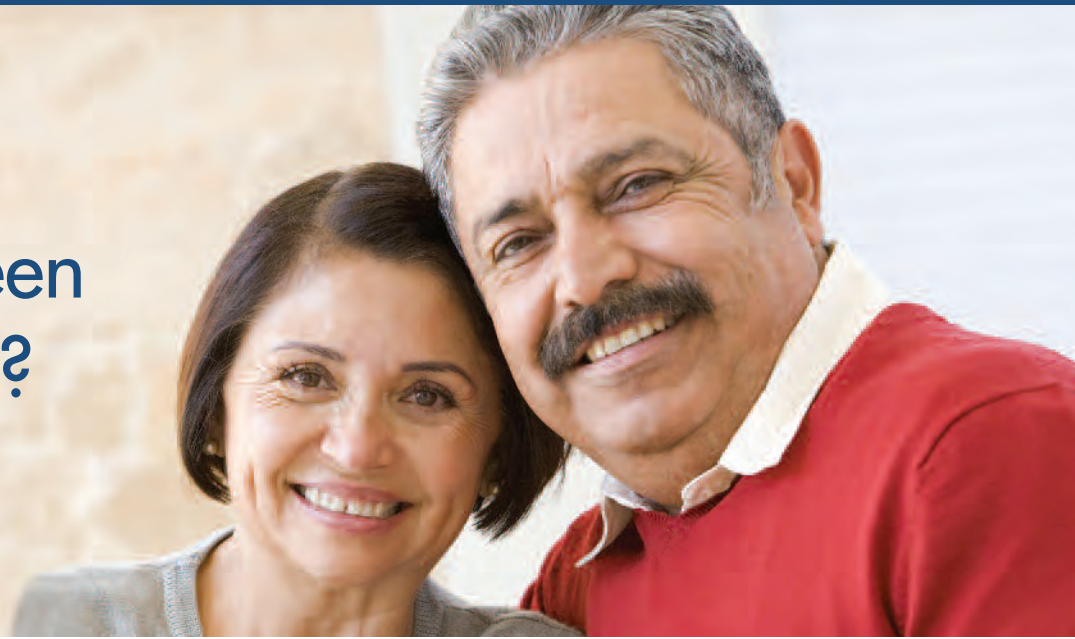




Have You Been Vaccinated?



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 bcbsnm.com and log in to Blue Access for MembersSM. 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 website 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 – kmart.com
- Sav-on – savon.com
- Walgreens – walgreens.com

Other chain and many independent pharmacies also contract with the network.

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 may apply. 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

All people 6 months of age and older should get the flu vaccine. Getting a flu shot is especially important for people at higher risk of getting a severe flu, and those close to them. This includes people who work in health care and those who are around children younger than 6 months.

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

- have any life-threatening allergies, including a severe allergy to eggs
- have ever had a severe allergic reaction to a flu shot
- have had Guillain-Barré syndrome
- are moderately or severely ill – talk to your doctor about whether you should reschedule

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

Shingles

The shingles vaccine is recommended for people age 50 and older, except those who:

- have had a life-threatening allergic reaction to gelatin, the antibiotic neomycin or any other component of the shingles vaccine
- have a weakened immune system because of:
 - AIDS or another disease that affects the immune system
 - drug treatment, such as prolonged use of high-dose steroids
 - cancer treatment, such as radiation or chemotherapy
 - cancer affecting the bone marrow or lymphatic system, such as leukemia or lymphoma
- are women who are or might be pregnant
- have a moderate or severe acute illness – talk to your doctor about whether you should reschedule

- 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, as a precaution, it is recommended that women with conditions that put them at risk for pneumonia be vaccinated before becoming pregnant, if possible