

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.

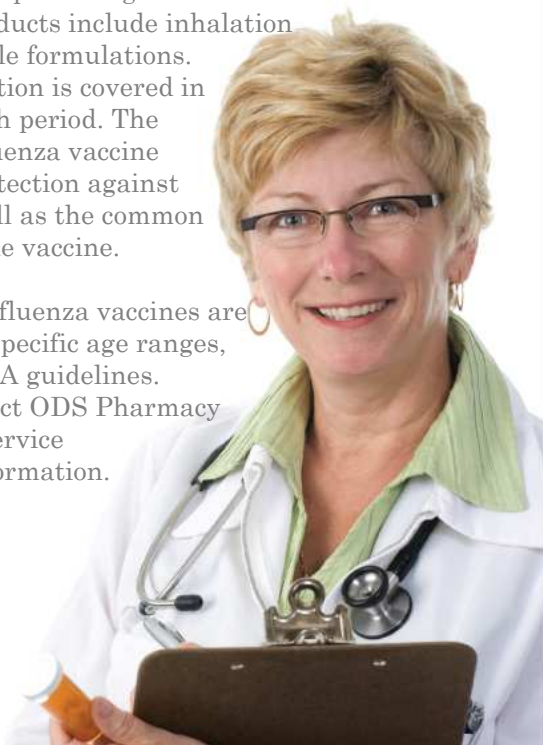
Why get vaccinated?

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 ODS 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. The current influenza vaccine includes protection against H1N1 as well as the common flu in a single vaccine. High dose and nasal influenza vaccines are covered for specific age ranges, based on FDA guidelines. Please contact ODS Pharmacy Customer Service for more information.



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 ODS ID card to the pharmacist for billing before receiving a vaccine — otherwise, it may not be covered.

The following participating chain pharmacies provide vaccines:

- Albertsons Sav-on
- Bi-Mart
- Fred Meyer
- Rite Aid
- Safeway

For a complete list of network pharmacies or if you have questions, call ODS Pharmacy Customer Service at **800-913-4284**.

- **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 progress to death within 24 to 48 hours or lead to permanent disabilities such as hearing loss, brain damage or loss of limbs. It is spread through the exchange of respiratory and throat secretions.
- **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.
- **Hepatitis A and hepatitis B.** Hepatitis A is a liver disease that can cause nausea, vomiting and other serious symptoms. It 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 body fluids.
- **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 is found virtually everywhere and can enter the bloodstream through a wound.

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. Zostavax helps your immune system protect against shingles, the associated pain and other serious complications. One vaccination will be covered for members 60 years or older in a lifetime.
- **Human papilloma virus (HPV).** Gardasil® and Cervarix® help protect against some cervical cancers caused by the human papilloma virus. One vaccine series of three doses is covered in a lifetime. 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.
- **Varicella.** The varicella vaccine is used to prevent chickenpox and the severe and occasionally fatal consequences of chickenpox infection.

