

Telephone Directory

Employee Health Benefits  
(941) 748-4501 ext 6403

Member Advocacy  
(941) 748-4501 ext 6407,  
ext 6409, and ext 6411

Lifestyle Assistance and  
Modification Program (LAMP)  
(941)741-2995

Diabetes Program  
(941) 748-4501 ext 6410

Nutrition Program  
(941) 748-4501 ext 6464

Communications Coordinator  
(941)748-4501 ext 3967

Fitness/Exercise Programs  
(941)748-4501 ext 3979

Pharmacy Advocate  
(941) 748-4501 ext 6406

Optum Rx  
(800) 562-6223

Precertification  
(941) 741-2963

Visit us online at:  
[www.ManateeYourChoice.com](http://www.ManateeYourChoice.com)

A vaccine, also known as an immunization, can protect a person from a disease. Vaccines work by protecting us from foreign invaders like bacteria and viruses. Vaccines show our immune system what a foreign invader looks like, so if we encounter that bacteria or virus, our immune system will be able to fight it off.

Here are three benefits of vaccinations:

- Immunizations can save a child's life. Diseases such as polio used to kill thousands of children per year. Because of the vaccine, there are no reports of polio in the United States today.
- Vaccinations are safe and effective. The injection to give the vaccine may cause a little pain or tenderness, but that is minimal compared to the risk of the disease that the vaccine is preventing.
- Immunizations can save your family time and money. A vaccine is usually free through your insurance plan. Contracting a disease could cost time off work and medical bills.

**Look for  
Manatee's  
Flu Clinic  
Schedule  
Coming  
Soon!**

**Children's Vaccine Schedule**

Vaccine	Number of Doses	When to Receive the Vaccine
Hepatitis A	2	12-23 months old, then 6-18 months after first dose
Hepatitis B	3	Birth, 1-2 months, 6-18 months old
Rotavirus	2	2 months and 4 months
DTaP (Diphtheria, Tetanus, Pertussis)	5	2 months, 4 months, 6 months, 12-18 months, and 4-6 years old
Tdap (Tetanus, Diphtheria, Pertussis)	1	Between 11 and 12 years old
Haemophilus influenzae B (Hib)	3	2 months, 4 months, and 12-15 months old
Pneumococcal (PCV13)	4	2 months, 4 months, 6 months, and 12-15 months old
Inactivated poliovirus	4	2 months, 4 months, 6-18 months, and 4-6 years old
Influenza (Flu)	Once per year	Every year
Measles, Mumps, Rubella (MMR)	2	12-15 months old, then 4-6 years old
Varicella	2	12-15 months, then 4-6 years old
Meningococcal	2	Between 11 and 12 years old, then between 16 and 18 years old
HPV	2 or 3	2 dose series for ages 9-15; 3 dose series ages 15 and older



**Adult Vaccine Schedule**

Vaccine	When to Receive the Vaccine
Tdap	One dose, then a Td booster every 10 years Every pregnancy, a woman should receive a Tdap vaccine during the 3 <sup>rd</sup> trimester
Zoster (Shingles)	One dose at 60 years or older
HPV	3 doses between 19-26 years old
Influenza (Flu)	Every year
Pneumococcal	One PCV13 (Prevnar) and one PPSV (Pneumovax) at age 65 and older

Always talk to your doctor or pharmacist about what vaccines you may be eligible to receive based on your immunization history, age, and certain disease states you may have. For more information regarding vaccines including vaccine schedules, safety, and effectiveness please visit [www.vaccines.gov](http://www.vaccines.gov). For information regarding travel vaccines, please visit [www.cdc.gov/travel](http://www.cdc.gov/travel).

### **Where do I Find Vaccines?**

Patients can find vaccines at several locations. Vaccines children received growing up should be given to them by their pediatrician in the Doctor's office. The flu Vaccine each year can be given at your local pharmacy, or your doctor's office. Later in life Vaccines such as the shingles shot, and Vaccines for Pneumonia, can also be given in your local pharmacy, or by your doctor at his or her office.

### **Why Should I Get The Flu Vaccine Every Year?**

The flu vaccine works to protect against the flu virus that constantly changes. New vaccines are introduced every year to target multiple strains commonly found to cause the flu. Influenza is a serious disease and the body's immunity against the virus declines with time so it is important to receive the annual vaccine when available to reduce the chance of getting the flu. Flu season begins in early October and it is recommended that everyone ages 6 months and older to get the flu shot as early as possible to be better protected. There are different forms of the flu vaccine with the most common form as an injectable. A nasal spray version is available; in 2016-2017 the CDC found this form to be not as effective; however, this may change for future flu seasons. There is a three-component and four-component type of flu vaccine available for different people. Talk to your doctor or pharmacist about which type of flu vaccine is best for you.

### **Facts and Myths about Vaccines**

Do Vaccines cause Autism? No this a Myth. There has been no scientific proof of any connection between Autism and Vaccines

Okay but don't vaccines contain toxic chemicals? This is also a Myth about Vaccines. All Vaccines are free of toxins.

Most vaccine-preventable diseases are no longer common in the US This is a fact, despite recent outbreaks of the measles due to lower vaccination rates, these diseases remain very uncommon.

Not all vaccines are given as injections— This is also a fact, some like the flu vaccine can be given through the nose without any kind of injection.



Manatee County Government's Center for Health & Lifestyle Management \* [www.ManateeYourChoice.com](http://www.ManateeYourChoice.com)

#### **Manatee Health Disclaimer**

The information in this newsletter is not a substitute for medical advice. It is for reference only and should not be used to determine treatment for your specific medical conditions—only a health care provider can do this. You should seek prompt medical care for any specific health issues and consult your physician regarding the use of over-the-counter products to treat any medical condition or consult your physician regarding the use of prescription or over-the-counter products to treat any medical condition or before starting any new diet, fitness, or supplement regimen.

Prescription Benefit Manager:  
Optum Rx  
For: Manatee YourChoice Health Plan  
Bradenton, Florida

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