



Wellness Can't Wait

- Pay bills**
- Meet a friend for coffee**
- Get vaccinated**

Some things should be checked first.

Have you put off visiting the doctor during the COVID-19 pandemic? **Wellness Can't Wait.** Now is the time to get caught up on your health — including needed vaccinations.

For more information, visit
<https://connect.bcbsnm.com/wellness-cant-wait>

Vaccinations can help prevent illnesses like flu, pneumonia and shingles.

You can get them at doctors' offices, some pharmacies and other locations. If you have a primary care provider, make sure they're updated on any shots you receive outside their offices.

Vaccination is one of the most convenient and safest preventive care measures available.

All adults need:

- Flu vaccine every year, especially important when tied with the effects of COVID-19
- Td or Tdap vaccine, a booster vaccine for tetanus, diphtheria, and pertussis (whooping cough)

You may need other vaccines based on your age, health conditions, job, lifestyle, or travel habits. Your wellness can't wait - delaying health care can have significant impact on the long term health of you and your family.

See guidelines on the back for infants and children.

Routine Vaccination Schedule Guidelines for Infants and Children*

Vaccine	BIRTH	1 MO.	2 MOS.	4 MOS.	6 MOS.	12 MOS.	15 MOS.	18 MOS.	1½-3 YRS.	4-6 YRS.
Hepatitis B (HepB)	★	★				★				
Rotavirus (RV)			★	★	★					
Diphtheria, Tetanus and Pertussis (DTaP)			★	★	★		★ [†]			★
Haemophilus Influenzae Type B (Hib)			★	★	★	★				
Pneumococcal Conjugate (PCV)			★	★	★	★				
Inactivated Polio Vaccine (IPV)			★	★		★				★
Influenza (Flu)					Recommended yearly starting at age six months with two doses given the first year					
Measles, Mumps and Rubella (MMR)						★				★
Varicella (Chicken pox)						★				★
Hepatitis A (HepA)						First dose: 12-23 months Second dose: 6-18 months later				

★ One dose ■ Range of recommended dates

[†] The fourth dose of DTaP may be given as early as 12 months, if at least six months have passed since the third dose.

* Based on Centers for Disease Control and Prevention recommendations. Check your health benefit materials about coverage for routine immunizations. You may still have to pay any copayment, coinsurance and/or deductible. This is proposed timing for children without any known symptoms who are at low risk. The schedule should not be used in place of the medical care and advice of your child's doctor.