Vaccines work with your body’s natural defenses to protect against infection and help reduce the risk of disease. They do this by imitating an infection – without causing the disease – and getting your immune system to respond the same way it would to a real infection. This prepares your body to recognize and fight the disease in the future.

**Vaccine recommendations**¹

- **Influenza**
  Each year for everyone over 6 months old¹

- **Pneumonia**
  One time at age 65 (If you get the vaccine prior to age 65, you'll need another shot in 5 years)

**QUICK FACTS**

- **36K**
  An average of 36,000 people die from the flu each year in the U.S. Most are 65 or older¹

- **90%**
  Cases of tetanus, diphtheria and pertussis have dropped by more than 90% in the U.S. since vaccines have been available¹

**Did you know?**

Every year thousands of adults suffer serious complications—and even die—from diseases that could be prevented with vaccines.¹

**Vaccines for adults**

- **Influenza**
  Each year for everyone over 6 months old¹

- **Pneumonia**
  One time at age 65 (If you get the vaccine prior to age 65, you'll need another shot in 5 years)

- **Shingles (Herpes zoster)**
  One time after age 60

- **Tetanus, Diphtheria, Pertussis (TDAP)**
  One time, then a Td booster every 10 years for adults

More on back
What do these vaccines help prevent?

**Influenza** is a viral infection that attacks the respiratory system. Adults over 65 are at a higher risk of developing complications from the flu, which can be deadly.

**Pneumonia** is one of the most common preventable diseases that cause death in the U.S. It is particularly dangerous for older adults.

**Shingles** is a very painful skin rash caused by the same virus that causes chickenpox. Anyone who has had chickenpox can develop shingles later in life.

**Tetanus, Diphtheria and Pertussis (whooping cough)** are serious, potentially deadly diseases caused by bacteria.

**TALK WITH YOUR DOCTOR** to make sure you receive the vaccinations you may need to help protect yourself against serious diseases.

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1Centers for Disease Control and Prevention, 2012 and 2015.

This information does not substitute for the medical advice, diagnosis or treatment of your physician. Always talk to your physician or a qualified health care provider about any questions you may have regarding your medical condition.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan’s contract renewal with Medicare.