

# SimplyWell

Wellness tips and encouragement from Hally® health.

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## Hally Health

# Walk your way to better health.

Sure, marathon runners are impressive. And so are champion weightlifters. But for many of us, exercise isn't as intense or newsworthy – and it doesn't have to be! In fact, we can get healthier simply by walking. Here's what you need to know, via information from Mayo Clinic.

### How Walking Helps

Taking regular, brisk walks can improve your health and well-being in a number of ways. Among other great benefits, walks can:

- Increase your muscle endurance.
- Improve your coordination and balance.
- Strengthen your immune system.
- Help you lose extra body fat and maintain a healthy weight.
- Increase your energy and boost your mood.
- Lower your stress and tension levels.
- Help you prevent health conditions like high blood pressure, heart disease and stroke.



## Tips to Keep in Mind

To get the most out of your walks, keep these helpful tips in mind.

- Ask your doctor what your walking goals should be, based on your specific health goals, conditions, age and ability.
- Come up with a plan – and write it down. If your life is busy and full of activities, plan the specific times you can fit your walks in.
- Set realistic goals. Walking the length of a marathon right away? Most likely, no. Starting with a more realistic plan and building up over time? Yes!
- What can building up over time look like? Walking faster, farther and more often. You can set weekly goals, monthly goals or whatever works for you.
- Make sure to track your progress. This will help you build bigger goals – and you'll be able to see, and celebrate, all your achievements!
- Stay motivated. Make walking a regular part of your life. To stay pumped up, mix things up – walk new routes, hike new trails, bring along walking buddies and celebrate your wins. Walking should not only be a healthy activity, but a fun one too!

We hope these tips will help you walk your way to your healthiest life. We're honored to treat you and your loved ones as our dear partners, as we work with you to improve your overall health and wellness.



Don't forget to download the MyChart mobile app to access your Hally® account information on the go. Visit the App Store® or Google Play®, or simply scan one of these QR codes.



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## Beware of these scams.

We care deeply about keeping your personal information safe, and we're here to help protect you from fraud and bad actors.

The federal government, and its Department of Health and Human Services (HHS), wants you to keep an eye out for current fraud schemes that often use social media and other ways to try to get you to give up your personal or financial information. Stay smart and protect your information – to learn about the most recent scams, visit this HHS website: <https://oig.hhs.gov/fraud/consumer-alerts>.



## Doctor's Orders

# Don't forget to stretch.

We hear it all the time: “Get your exercise.” But one thing we don't hear as often, but should: “Make sure you stretch, too.” Stretching helps us stay healthy, prevent injuries and more. Here's key information from Mayo Clinic.

## The Many Benefits of Stretching

No matter what your age, regular stretching helps your body stay healthy. Among other benefits, it can:

- Increase your flexibility, helping you move more freely and easily.
- Lower your risk of injuries.
- Help your muscles work better.
- Improve your blood flow.
- Help you better perform your daily tasks.
- Improve your ability to exercise.
- Help raise your performance in sports and physical activities.

## Your Stretching Guide

So you're ready to go – but you might be asking where to begin and how to best start stretching. Here are some key tips.

- You can stretch anytime, anywhere – you don't have to be in a fancy gym or sports club.
- Make stretching a part of your regular exercise routine. You'll remember to do it if you include it within something you're already in the habit of doing.
- Don't stretch cold muscles. Many people use stretches as the first part of an exercise or sports routine – but stretching before warming up can actually be harmful. So make sure to warm up with five minutes of light walking, jogging or biking before you start stretching. Or stretch at the end of your workout, since your muscles will already be warm.
- Breathe normally during stretches – don't hold your breath or try to breathe faster or slower.

- Focus on your main muscle groups – neck, shoulders, lower back, hips, thighs and calves – and the muscles and joints you use most often during your daily activities. Make sure to stretch both sides.
- Stretch with smooth motions. Don't bounce.
- Hold each stretch for 30 seconds – or even up to 60 seconds for problem areas of your body.
- Repeat each stretch two to four times – on each side.
- Expect tension – but not pain. If you feel pain while stretching, you've pushed too far.
- If you have health conditions or injuries, make sure to ask your doctor or a physical therapist which stretches are right for you. You don't want to do any stretches that could cause injury, pain or harm.



## Keep at it!

Make stretching a regular part of your life. Aim to stretch twice or three times a week, if not more. It can be time-consuming, but – it's not a stretch to say (pun intended!) – that the health benefits are more than worth it.

# Discover the importance of prenatal care.

It's a mother's dream: a healthy pregnancy and a healthy baby. For the best chance at turning this dream into reality, pre-pregnancy care and the care mothers get while pregnant (called prenatal care) are key. Here's what you should know and do, according to the National Institutes of Health.

## Start planning early.

If you're hoping to have a baby, there are steps you can start taking – even before you're pregnant – that can prepare you for a healthier pregnancy and birth.

- Set up a pre-pregnancy care visit with your doctor.
- Develop a plan for your reproductive life. And learn about your and your partner's family health histories.
- Make sure you're up to date on all your immunizations.
- Avoid drinking alcohol, smoking and drug use.
- With your doctor's help, control your diabetes and other conditions. And strive to maintain a healthy weight.
- If needed, seek help for mental health issues like anxiety and depression.
- Ask your doctor about folic acid.

## Care During Pregnancy

If you think you may be pregnant, you should schedule a visit right away to your doctor to begin your prenatal (pregnancy) care. Getting early and regular care raises your chances of a healthy pregnancy. Your doctor visits usually will include a physical exam, weight checks, and urine testing. Depending on how far along you are, they also might include blood tests and ultrasounds. The visits are also the time you'll talk with your doctor about your health, the fetus's health, and any questions or concerns you may have.

This regular prenatal care has many benefits for you and your baby. Among other things, it can help:

- **Prevent or reduce the risk of pregnancy complications.** Your doctor will help you follow a healthy diet, get regular and appropriate exercise, avoid exposure to potentially harmful substances (like lead and radiation), and more – all of which lower your risk of complications and promote the health of your baby. Additionally, your doctor will make sure to tell you the importance of avoiding alcohol, smoking, secondhand smoke and drug use. These can increase your baby's risk of sudden infant death syndrome, intellectual disabilities, abnormal physical development, and problems with their heart, kidneys and bones.



- **Keep your existing health conditions, like diabetes or high blood pressure, under control.** This will help the health of both you and your baby.
- **Make sure the medications you're taking are safe.** Certain acne treatments, herbal and dietary supplements, vitamins, and more can be harmful to your fetus during pregnancy. Your doctor will guide you on what's OK and what you should avoid.
- **Inform you of all the other steps you can take to raise your odds of a safe and healthy pregnancy.**

Nothing is more important than keeping you and your baby healthy. Start planning early to get all the care you'll need before and during pregnancy. With the help of your doctors, you can make your dream a reality.

# Opioid Use Disorder

It's alarming but true – the misuse and abuse of opioid drugs has become a national health emergency. Overdose deaths in the U.S. that involve opioids rose from about 21,000 in 2010 to over 80,000 in 2021. Far too many lives have been harmed or cut short by these powerful and highly addictive drugs. Here is some basic information about the emergency – including ways people can get the help they need if they're stuck in the grip of opioid use.



## What is opioid use disorder?

Opioids are powerful drugs that doctors can prescribe for managing serious pain. But sadly many people misuse or abuse them, which can lead to extreme harm and even death. When someone uses opioids for reasons other than prescribed medical care, it's called opioid use disorder. Opioids that are commonly misused or abused include the prescription drugs codeine, morphine, hydrocodone, oxycodone and fentanyl, as well as the illegal drug heroin.

## Watch out for these signs and symptoms.

Opioid use disorder can cause anxiety, depression, sleep problems, weight loss, malnutrition, sexual issues and more. And overdosing can lead to death. Watch for these signs and symptoms if you're worried that you or a loved one might be facing opioid use disorder:

- Taking opioids in larger amounts than wanted (due to a lack of control). And being unable to slow down or stop using the drugs.
- Using opioids to the point of interfering with daily life. And continuing to use them even after life problems occur as a result.
- Spending abnormal amounts of time getting, using and recovering from opioid drugs.
- Depression, anxiety, irritability, muscle aches, nausea, vomiting and other symptoms of withdrawal.

Symptoms of an opioid overdose include:

- Nausea and vomiting.
- Slow pulse and slower breathing.
- Slurred speech.
- Difficulty waking.
- Decrease in attention.

## Find help.

If you or a loved one is dealing with opioid use disorder, there's a lot of help available. Ask your doctor for support, suggestions and resources for beating the disorder. There are many great treatment options, based on your needs: counseling, support groups, residential treatment centers and more. Talk with your doctor and your loved ones about what's best for your situation. And lean on those around you – with love, strength and the right help, you or your loved one can beat opioid use disorder and live your healthiest life.

If you're taking opioids for medical purposes, have a loved one who is, or have a loved one who's dealing with opioid misuse or abuse, ask your doctor about a prescription for a medicine called naloxone, which can be lifesaving in the event of an opioid overdose and there's also an over-the-counter naloxone nasal spray available for self-purchase without a prescription. When emergencies happen, naloxone can rapidly reverse an overdose. Ask your doctor about this lifesaving drug, how to use it in case of emergency and if they think you should always keep it on hand.

Information from Elsevier, the CDC, Substance Abuse and Mental Health Services Administration, National Institutes of Health, U.S. Department of Health and Human Services, and American Medical Association.

# Diabetes 101

## What to Know About A1C



If you have diabetes or prediabetes – or are at risk for either – knowing about A1C is as important as your ABCs. Here’s what you need to know, via information from WebMD®.

### A1C Tests – The Basics

An A1C test (also called an HbA1c, glycated hemoglobin or glycohemoglobin test) tells you your average blood sugar level over the past three months. Here’s how it works. When glucose (sugar) builds up in your blood, it binds to a protein called hemoglobin that’s in your red blood cells. An A1C test measures how much glucose is bound within these cells. Since red blood cells live for about three months, the test shows the average level of glucose in your blood during this time. Higher amounts of glucose mean a higher A1C.

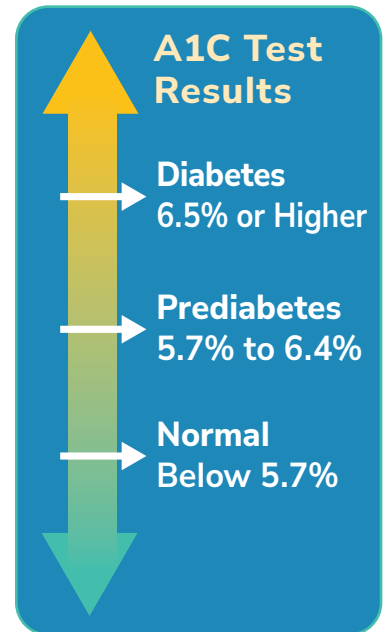
A1C and Blood Glucose (Blood Sugar)	
A1C (%)	Average Blood Glucose (mg/dL)
4	68
5	97
6	126
7	152
8	183
9	212
10	240
11	269
12	298
13	326
14	355

Source: WebMD®

### Know your numbers.

For people without diabetes, a normal A1C is between 4% and 5.6%. If your A1C is between 5.7% and 6.4%, you have prediabetes (and are at higher risk for eventually getting diabetes). An A1C of 6.5% or higher means you have diabetes.

For most people with diabetes, an A1C of less than 7% is the goal. But ask your doctor what A1C you should aim for, based on your specific health and conditions. The higher your A1C, the greater your risk of developing complications from your diabetes. If you’re having trouble reaching your A1C goal, ask your doctor for help – they may even change parts of your treatment plan to help you get your levels down.



Source: WebMD®

### Final Thoughts

- If you have diabetes, get an A1C test every three months to make sure you’re reaching your A1C target goals. If your diabetes is under control, your doctor may have you wait six months between tests.
- If you have anemia or another disease that affects hemoglobin, if you’re taking supplements like vitamins C or E, if your cholesterol levels are high, or if you have kidney or liver disease, your A1C test results may be misleading. Ask your doctor for best advice.
- You can help lower your A1C levels through a combination of diet, exercise and medication – ask your doctor what’s best for you.

Take action today – stay up to date on your A1C tests, set your target goals and start living the healthier life you deserve.

For information on coverage and costs (if applicable) for specific tests and healthcare appointments, please see your health plan materials or call the number on the back of your health plan ID card.



# Act early! Schedule your child's yearly checkup.

As another school year comes to a close, now's the perfect time to schedule your child's next yearly wellness checkup. Summer can be a busy time for you and your family – and a busy one for your child's doctor as well – so scheduling this appointment now ensures your child will get their wellness checkup done on time.

These checkups are incredibly important. The doctor does a thorough check of your child's physical, mental and social health, and the appointment is a great opportunity to complete any health evaluations your child needs for the upcoming school year and sports seasons.

## What to Expect

Here's what you can expect at your child's checkup. Among other things, the doctor will probably discuss and check up on your child's:

- Immunizations – to make sure they're up to date on all their vaccines.
- Current height and weight measurements.
- Hearing and vision.
- Up-to-date medical history, including medications.
- Mental health, behavioral health and social development.
- Physical activity levels, nutrition and weight management.
- Sleep habits/schedule.

They'll also look for any potential health issues and may do certain screenings for abnormalities. Basically, this yearly checkup is a thorough examination of your child's overall health and well-being. It's also the perfect chance for you and your child to ask any questions you might have about medications, immunizations, nutrition, health tips and more. It sets your child up for a healthy and thriving new school year.

## Your Action Plan

- ✓ Call the number on the back of your health plan ID card to check when your child is eligible for their next wellness checkup.
- ✓ Schedule their yearly wellness checkup.
- ✓ During the checkup, ask your child's doctor to complete any forms needed for school or sports.



# Take action against cervical cancer.

Did you know that about 12,000 women in the U.S. are diagnosed with cervical cancer every year? It's a harmful disease – but also one that can be caught early, and even prevented in some cases, by taking certain steps. Here's what you need to know, via information and recommendations from the CDC.

## Some Basic Information

Cervical cancer affects the cervix – the lower, narrow end of the uterus. At its earliest stages, it may not cause any noticeable symptoms. As the disease gets worse, it can cause abnormal bleeding or discharge from the vagina.

All women, especially those over 30, are at risk for cervical cancer. The human papillomavirus (HPV) is the main cause of the disease. HPV is passed from one person to another, and most sexually active people have the virus at some point in their lives. However, only some women will get cervical cancer from it.



## Simple Steps All Women Should Take

Don't let cervical cancer catch you unaware. Two tests can help prevent the disease or discover it in its early stages, when it's highly curable:

- A **Pap test** – or Pap smear – collects cells from your cervix to check for cancer or signs that cancer might develop in the future.
- An **HPV test** looks for the virus, HPV. It doesn't tell you if you have cancer, but it can tell you if you have certain forms of the virus that put you at higher risk for cancer, now or in the future.

What test to get depends on your age and other factors. Ask your doctor what screening plan is best for you – they'll recommend you get a Pap test, HPV test or both tests together. For most women, the CDC recommends:

- **If you're age 21 to 29**, you should get a Pap test regularly, or as directed by your doctor. If your test is normal, your doctor might say it's OK to wait three years until your next one.
- **Women age 30 to 65** can usually choose to have a Pap test, an HPV test or both together – but make sure to get your doctor's advice. If your results are normal, your doctor might say it's OK to wait up to five years for your next test.

For information on coverage and costs (if applicable) for specific tests, vaccines and healthcare appointments, please see your health plan materials or call the number on the back of your health plan ID card.

Even if you're past childbearing age or not sexually active, you need to keep getting these tests regularly.

Finally, you – and your children – can also get the **HPV vaccine**, which protects against types of the virus that most often cause cervical and other cancers. The CDC recommends both girls and boys get the vaccine when they're 11 – 12 years old, but it can be given until age 26 and as early as age 9. Ask your doctor for more information. Also, please note that even if you're vaccinated, you'll still need to get your regular Pap and/or HPV tests.

**Take action against cervical cancer today. Call your doctor and make sure you stay up to date on your testing and vaccination.**



hally<sup>®</sup>

Let's cook  
something  
delish!

# Cucumber Blueberry Salad

## Ingredients

4 servings

### Vinaigrette

- 1½ tablespoons extra virgin olive oil
- 2 tablespoons white balsamic (or other) vinegar
- 1 tablespoon lime juice, freshly squeezed or bottled
- 1 teaspoon sugar
- ¼ teaspoon salt
- ⅛ teaspoon pepper

### Salad

- 1 cup fresh blueberries
- 1 medium greenhouse-grown cucumber, cut into small chunks
- 4 cups fresh arugula
- ¼ medium red onion, thinly sliced
- ¼ cup crumbled reduced-fat feta cheese
- 2 tablespoons coarsely chopped walnuts (toasted optional)
- 4 slices whole grain bread

## Directions

1. In a small bowl, whisk together vinaigrette ingredients.
2. In a large bowl, mix together all salad ingredients, except bread.
3. When ready to serve, add vinaigrette to salad and toss.
4. Toast bread, then cut into four pieces.

Find more delicious recipes at [hally.com/category/food-cooking](https://www.hally.com/category/food-cooking). Yum!

Nutrition facts: Calories: 212, Total Fat: 10 g, Saturated Fat: 3 g, Cholesterol: 8 mg, Sodium: 368 mg, Total Carbohydrate: 24 g, Fiber: 4 g, Total Sugars: 10 g, Protein: 7 g.

Source: <https://www.myplate.gov/recipes/myplate-cnpp/cucumber-blueberry-salad>

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.

# Key Info About Benzodiazepines

Like many powerful prescription drugs, benzodiazepines can be helpful for people who need them but dangerous when misused or abused. To help you stay informed and safe, here's important information from the Department of Justice's Drug Enforcement Administration.



## Some Basics

- Benzodiazepines are a type of medication that produce sedation (a drug-induced state of calm or sleep) and hypnosis; help manage insomnia; and help lessen anxiety, muscle spasms and seizures.
- Because they're so strong, they're only available through prescription.
- The most common benzodiazepines are diazepam (Valium®), alprazolam (Xanax®), triazolam (Halcion®), lorazepam (Ativan®) and clonazepam (Klonopin®).
- Others include estazolam (ProSom®), flurazepam (Dalmane®), temazepam (Restoril®), chlordiazepoxide (Librium®), clorazepate (Tranxene®), halazepam (Paxipam®), oxazepam (Serax®), prazepam (Centrax®) and quazepam (Doral®).

## Stay safe – know the dangers.

- Although benzodiazepines can help many people who've received an appropriate prescription from their doctor, these drugs can also be quite harmful when misused or abused. And they also can be highly addictive.
- Benzodiazepines can have a negative effect on your mind. They're often linked to amnesia, hostility, irritability, and vivid or disturbing dreams.
  - These drugs slow down your central nervous system. Overdosing on benzodiazepines can lead to confusion, extreme drowsiness, impaired reflexes and coordination, breathing problems, and even coma or death.
  - In an alarming trend, benzodiazepines are often abused by adolescents and young adults to get a high. Some also abuse benzodiazepines together with opioids, which increases the dangers.

## Key Takeaways

Like many strong prescription drugs, benzodiazepines can cause more harm than good when misused or abused. Never take these medications if you weren't prescribed them. And if your doctor puts you on one of these drugs, make sure to always only take it as directed. Before you start taking it, ask your doctor what all you need to know and do. And always keep them updated on any side effects or other issues or concerns once you start taking it. Your doctor is your partner in your health and is always there to help you.



# Right Care, Right Place

## Know where to go for care.

When you need a healthcare service, where should you go? Should you call your primary care provider? Visit the hospital or urgent care clinic? It all depends, based on what your illness, injury or need is; how severe it is; how soon you need care; your location; and more. Use this guide to help – and cut it out and put it on your fridge for easy reference.



Where to Go	When to Go	Typical Costs	Appointment Needed?
<b>Primary Care Provider (PCP)</b>	Non-emergency care. Physicals and wellness checks, vaccines, routine care and illness. Available in person and (often) by phone/video.	\$-\$\$	Yes. Available during usual business hours. Same-day often available.
<b>Virtual Visits*</b>	Non-emergency care. Illness, injury, behavioral health and more. Available from home or anywhere, by phone or video through hally.com.*	\$ Free with some plans.	No. Available 24/7, 365. Wait Time: ~15 mins.
<b>Urgent Care Clinic</b>	Non-emergency care. Illnesses and injuries that need care right away. Available in person.	\$-\$\$	No. Available for extended hours. Often open seven days a week.
<b>Emergency Department</b>	Emergency care. Immediate treatment for serious or life-threatening illnesses, injuries and issues.	\$\$\$\$	No. Available 24/7, 365. Potentially longer wait times.

For coverage information – or if you have any questions – call the number on the back of your health plan ID card. **And remember, always call 911 right away if you have a life-threatening medical or mental health emergency.**

### Have you tried out virtual visits?\*

Getting expert, trusted help for your physical, emotional and behavioral health needs has never been easier. Many plans offer **virtual visits**, which let you connect with board certified doctors and psychiatrists, as well as licensed therapists, by phone or secure video 24 hours a day, 365 days a year – all through your phone, tablet or computer.

**Physical Health Needs** – Get help for your allergies, insect bites, rashes, cold and flu

symptoms, ear problems, pink eye, nausea, vomiting, diarrhea and many other common conditions.

**Emotional and Behavioral Health Needs** – Get help for anxiety, stress, depression, grief, PTSD, trauma, bipolar disorder, addictions and substance issues, and more.

Easily set up a virtual visit online from **hally.com**.\* Simply log in and get started today.

*\*Virtual visits aren't available on all plans. Also, some plans feature virtual visits through a source other than hally.com. To see if virtual visits are available on your plan (and to see if they're offered through hally.com), please see your health plan materials or call the number on the back of your health plan ID card.*

*For more information about virtual visits, or help getting started, call the number on the back of your health plan ID card.*

*Virtual care isn't meant to treat all medical conditions – please remember to always visit the emergency department or call 911 for emergencies.*

*You'll need to have an online member account (for your health plan) before you're able to access virtual visits. If you haven't already created an account, visit [login.hally.com](http://login.hally.com).*

*For more specific details and information about coverage and costs for virtual offerings, please see your health plan materials or call the number on the back of your health plan ID card.*



## Pharmacy Corner

# Tips for Taking Your Meds

It's simple but true – your medications only work if you take them correctly. Follow these helpful tips from Elsevier.

### Know your meds.

Few people eat things without knowing what they are – it should be the same with your medications. You're putting these in your body to help your health, so learn all you can about them.

- Ask your doctor why they prescribed the medicine – that is, ask them what health issue it'll be treating.
- Also ask how the medicine works.
- Find out if there are any side effects you should be looking out for.
- Ask how often you need to take the medicine, what time(s) of day is best and if you need to know any other details – like whether you should take it with food or not.
- Give your doctor and pharmacist an up-to-date list of all the medications you're taking – including over-the-counter medicines, vitamins, and herbal or dietary supplements – to make sure they're all safe to take together. (Some drugs interact with other drugs in harmful ways.) And always carry an up-to-date list with you, in case you're in an emergency and first responders need to know what medicines you're on.
- Read all the labels, inserts, and brochures that come with the drugs. If you're having trouble reading the labels on the bottle, ask your pharmacist to put them into bottles with large-size print.
- Take a close look at all your meds – know their size, color and shape. This will help you know you're taking the right ones at the right times. Tell your doctor if you're having trouble recognizing your drugs or telling any of them apart. And if you're still struggling to tell them apart, keep them in their original bottles with the labels.
- If a medication looks different than your last refill, confirm with your pharmacist that it's the same drug.

### Safety Tips

- Only take the exact amount you're prescribed – don't take more, don't take less. And for liquid medicines, always use the dosing container that's provided – your household spoons are not accurate.
- Don't use anyone else's prescription medications.
- Don't share your prescription drugs with others.
- Never stop taking a medicine unless your doctor tells you to.
- Ask your doctor if you need to avoid alcohol or certain foods or liquids when taking your drugs.
- Don't split, cut, crush or chew your medications unless your doctor tells you to. If you're having trouble swallowing your drugs, ask your doctor for advice.
- Always follow the exact instructions your doctor gives you for taking each medicine.
- Review your medicines, your schedule for taking them, and all other important details with your loved ones. They'll help you stay on track, remind you of key details and be a second set of eyes.

Perhaps the most important tip of all? Always reach out to your doctor and pharmacist whenever you have any questions. They'll teach you more about your drugs, help you take them safely and be your go-to expert. Your medicines can help you stay your healthiest self – so make sure you're always taking them correctly.





# Keep your child healthy and safe.

If you could help your child avoid harmful diseases, would you? Of course! And you can, by making sure they get the vaccines they need and stay up to date based on their age. Vaccines are safe and easy to get – and they work. Here’s key information from the CDC.

## The Basics

- Vaccines help prevent illnesses and diseases – so your child doesn’t have to get sick in the first place.
- They’re the only way to ensure long-term protection from many diseases. There are vaccines for chickenpox, hepatitis, HPV, mumps, whooping cough, measles, polio, flu, COVID-19 and more.
- Every vaccine works in a different way, based on the disease it’s made for.
- Vaccines help your child develop immunity to specific diseases. Basically, immunity means that their body will remember how to fight off the diseases (for example, if they’re exposed to them) in the future.
- Another way to explain how they work: each person’s body has an immune system. This system of organs, cells and proteins defends and protects the body from harmful viruses, germs, bacteria, toxins and more. Vaccines make the immune system stronger – and help the system fight against specific diseases.
- When babies are born, their immune system isn’t fully developed – so they’re at higher risk for infections and need certain vaccines to protect them.
- As your child grows, they need different vaccines at certain ages, based on their immune system and how likely they are to get specific diseases. The CDC has created a helpful list – called a “vaccine schedule” – to help you know what shots are needed at what ages. See the list here: [cdc.gov/vaccines/parents/schedules/index.html](https://www.cdc.gov/vaccines/parents/schedules/index.html).





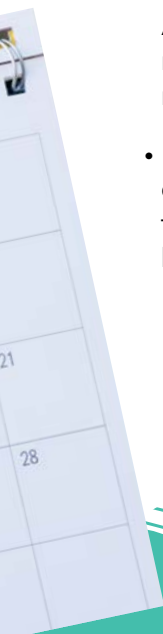
## Why Following this Vaccine Schedule Is Important

- Timing is key. The schedule tells you when your child needs each shot, based (among other things) on when they're most likely to be exposed to or at risk for each specific disease.
- Delaying your child's vaccines can be harmful – it can leave them vulnerable to diseases at an age when they're most likely to be exposed. And children's bodies are sometimes affected more harshly by certain diseases than adults', making exposure even more dangerous.
- Some vaccines have multiple doses. Getting every single dose – and each one at the right time – is the only way to ensure your child will be best protected from the disease.

- When your child's fully vaccinated with all the recommended shots based on their age, they not only protect themselves – but also their friends, playmates and others in the community. Being vaccinated helps prevent the spread of diseases to others.

Ask your child's doctor about any questions you may have, and make sure to keep your child up to date with all their vaccines. You have the power to help keep your child healthy and protected as they grow and thrive.

**For information on coverage and costs (if applicable) for specific vaccines and healthcare appointments, please see your health plan materials or call the number on the back of your health plan ID card.**





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Champaign, IL 61822

## Want to make a difference?

We are looking for members who are comfortable sharing their perspectives and feedback on how we, as a health plan, can improve for the greater good of our plan participants. If you are interested in learning more, please email [Gregg.Mottola@HealthAlliance.org](mailto:Gregg.Mottola@HealthAlliance.org). Meetings are typically held on a quarterly basis, so you would be asked to share your perspective three to four times a year. As always, our goal is to represent our plan participants' diverse geographic, cultural and medical backgrounds.

Benefits and coverage may vary from plan to plan. Please review your plan materials or call the number on the back of your health plan ID card for specifics.