



Aetna Better Health cares about your health - adolescents need vaccines too

We know your friendships and social life are important. You don't want something to get in the way of being with friends, especially a serious illness. There is good news. Staying up to date on your vaccines (shots) protects you from getting sick. That means you have more time to hang out with your friends.

Here are some important shots you might need:

- **Tdap - ONE** shot protects against whooping cough.
 - You should get your Tdap at age 11 or 12.
- **MCV - TWO** shots protects against some of the bacteria that can cause swelling of the brain, spinal cord and infections in the blood.
 - You should get your first dose of MCV at age 11 or 12 and the second dose at age 16.
- **HPV - TWO or THREE** shots protects from the types of HPV that can cause certain types of cancer or genital warts in girls and boys.
 - HPV shots are recommended for all adolescents' ages 11-12 through age 18 even if you are not sexually active.

- **Flu - Yearly** flu shots protect against the flu and the other health problems the flu can cause, like dehydration (loss of body fluids from vomiting/diarrhea) and other problems like making asthma or diabetes worse, or even pneumonia.

Special things to consider

- The HPV vaccine protects against 6 types of cancer.
- Certain vaccines are required by the state of Pennsylvania to attend middle school and high school. Have your parent or guardian reach out to your school district to find out more.
- You may need to catch-up on shots that you didn't get as a baby. That's okay. Your doctor will help make sure you are caught up.
- Some examples include: Measles, Mumps, Rubella (MMR), Hep B, Polio, Hep A, Pneumococcal and Varicella.

Call your doctor today to schedule an appointment. Don't forget to ask if you need any other shots. If you need help making an appointment or a ride, please call Aetna Better Health member services representatives. Call 1-866-638-1232 (PA Relay 711). We're available 24 hours a day, seven days a week.

The Centers for Disease Control and Prevention have immunization schedules readily available for download. Visit <https://www.cdc.gov/vaccines/schedules/downloads/teen/parent-version-schedule-7-18yrs.pdf> for a complete schedule of immunizations for ages 7-18.

This is general health information and should not replace the advice or care you get from your provider. Always ask your provider about your own health care needs.



Aetna Better Health® of Pennsylvania

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ATENCIÓN: Si usted habla español, los servicios de ayuda de idioma, sin ningún costo, están disponibles para usted. Llamar al 1-800-385-4104 (PA Relay: 711).

ВНИМАНИЕ: Если Вы говорите на русском языке, Вам предлагаются бесплатные переводческие услуги. Позвоните по номеру 1-800-385-4104 (PA Relay: 711).