

Protect Yourself From Infectious Diseases

VACCINES

WHICH DO YOU NEED?

Vaccines help protect you and your family from potentially serious diseases. While many of these diseases are common, vaccines help prevent them, reducing the need for doctors' visits, hospitalizations, and missed work or school. The more people who get vaccinated, the better we can protect everyone, especially those who are more vulnerable, such as older adults, young children, pregnant women, and individuals with certain health conditions.

Even if you received all your vaccines as a child, you still need vaccinations as an adult. The protection from some vaccines, like the Td vaccine for tetanus and diphtheria, can diminish over time. Additionally, as you age, you may become more susceptible to other diseases.

WHAT VACCINES DO ADULTS NEED?

You should consult your Primary Care Provider (PCP) about your specific needs but here are the adult vaccines to consider.

Vaccine	19-26 Years	27-49 Years	50-64 Years	≥65 Years
COVID-19	1 or more doses of updated (2023-2024 Formula) vaccine			
Influenza/Flu	1 dose annually			
RSV	If pregnant during RSV season		If aged 60-74 years	If aged 75+ years
Tdap/Td	Tdap every pregnancy. Td/Tdap every 10 years for all adults			
MMR	If aged 66 years or younger			
Chickenpox	If U.S. born and aged 43 years or younger			
Shingles				
HPV		If aged 27-45 years		
Pneumococcal				
Hepatitis A				
Hepatitis B		Through 59 years		
Meningococcal				
Hib				
Mpox				

ALL adults in age group should get the vaccine

SOME adults in age group should get the vaccine

Adults should talk to their PCP to decide if this vaccine is right for them.

WHAT VACCINES DO CHILDREN NEED?

Children 18 and younger should stay up to date on their vaccinations to protect against serious diseases that can spread easily in schools and communities. Following the recommended vaccine schedule helps ensure they are protected during their most vulnerable years.

BIRTH - 6 YEARS

Vaccine	Birth	1 Month	2 Months	4 Months	6 Months	7 Months	8 Months	12 Months	15 Months	18 Months	19 Months	20-23 Months	2-3 Years	4-6 Years
RSV Antibody	Depends on mother's RSV vaccine status						Depends on child's health status							
Hepatitis B	Dose 1	Dose 2			Dose 3									
Rotavirus			Dose 1	Dose 2	Dose 3									
DTaP			Dose 1	Dose 2	Dose 3				Dose 4					Dose 5
Hib			Dose 1	Dose 2	Dose 3			Dose 4						
Pneumococcal			Dose 1	Dose 2	Dose 3			Dose 4						
Polio		Dose 1	Dose 2	Dose 3									Dose 4	
COVID-19				At least 1 dose of the current COVID-19 vaccine										
Influenza/Flu				Every year. Two doses for some children.										
MMR								Dose 1						Dose 2
Chickenpox								Dose 1						Dose 2
Hepatitis A								2 doses separated by 6 months						

■ ALL children should be immunized at this age
 ■ SOME children should get this dose of vaccine or preventive antibody at this age

7 - 18 YEARS

Vaccine	7 Years	8 Years	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16 Years	17 Years	18 Years
HPV			ALL children can be immunized at this age		ALL children should be immunized at this age							
Tdap					ALL children should be immunized at this age							
Meningococcal ACWY					ALL children should be immunized at this age					ALL children should be immunized at this age		
Meningococcal B										Parents/caregivers should talk to their PCP to decide if this vaccine is right for their child		
Influenza/Flu	Every year. Some children 7-8 years get 2 doses.											
COVID-19	At least 1 dose of the current COVID-19 vaccine											
Mpox												SOME children should be immunized at this age
Dengue			ONLY if living in a place where dengue is common AND has past dengue infection									

■ ALL children should be immunized at this age
 ■ ALL children can be immunized at this age
 ■ SOME children should be immunized at this age
 ■ Parents/caregivers should talk to their PCP to decide if this vaccine is right for their child

To help keep track of your vaccines, ask your PCP for an immunization record form. Bring the form with you to all your healthcare visits and ask them to sign and date the form for each vaccine you receive. Please call Member Services at 563-584-4885, to see which vaccines listed are covered in your plan.

Sources: <https://www.cdc.gov/vaccines/schedules/easy-to-read/adult-easyread.html>; https://www.cdc.gov/vaccines/imz-schedules/child-easyread.html?CDC_AAref_Val=https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html; <https://www.cdc.gov/vaccines/imz-schedules/adolescent-easyread.html>

National MAMMOGRAPHY DAY



OCTOBER 18



EARLY DETECTION *saves lives*

National Mammography Day is a vital reminder and encouragement for women to get screened for breast cancer through mammograms. Early detection significantly increases the chances of successful treatment. When breast cancer is detected early, at a localized stage, the 5-year relative survival rate is 99%. Mammograms are the key to achieving this early detection.

Schedule Your Mammogram



One of the best ways to observe National Mammography Day is by prioritizing your breast health and scheduling your annual mammogram. Encourage the women in your life to do the same. All women aged 40 and over should have an annual screening mammogram.

Learn How to Perform a Breast Self-Exam



All adult women, not just those over 40, should perform a monthly breast self-exam to stay breast self-aware. This helps you understand how your breasts normally look and feel, making it easier to notice any changes or abnormalities. Share any concerns with your healthcare provider. Learning how to perform a breast self-exam and doing it at the same time each month can be a life-saving habit.

Help Raise Awareness



Spread the word about the importance of early detection. Whether through social media, community events, or conversations with loved ones, your efforts can make a difference.

When Should I Start Getting Mammograms?



Women aged 40 and over who are at average risk for breast cancer should receive an annual mammogram. If you have a family history of breast cancer or other risk factors, you may need to start earlier. Additionally, all adult women should perform a monthly breast self-exam. Consult with your Primary Care Provider (PCP) about the best timeline for your mammograms and other health screenings.

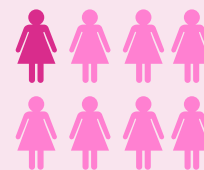
Are Mammograms Free or Covered by Insurance?



Your insurance plan fully covers mammogram screenings as preventive health services.

Sources: <https://www.nationalbreastcancer.org/national-mammography-day/>;
<https://www.nationalbreastcancer.org/breast-cancer-facts/>

STATISTICS ON Breast Cancer



1 in 8
women in the U.S.
will be diagnosed
with breast cancer
in her lifetime.

In 2024, an estimated **310,270 women**
and **2,800 men** will be diagnosed with
invasive breast cancer.

When caught in its
earliest stages, the **5-year**
relative survival rate is
99%.



Don't wait!
Schedule your
MAMMOGRAM.

Mammography has reduced breast cancer
mortality in the U.S. by nearly **40%** since 1990.



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BRAIN HEALTH TIPS for a *healthier* you!



WORK UP A SWEAT

We recommend at least **150 minutes a week** of moderate aerobic activity such as brisk walking. Or **75 minutes a week** of vigorous aerobic activity, such as jogging.



GET A GOOD NIGHT'S REST

Make getting enough healthy sleep a priority. Adults should sleep **7 - 9 hours a night**. Sleep disturbances may increase the risk of cognitive decline and dementia.



CHALLENGE YOUR BRAIN

Activities that engage your mind can keep your brain in shape like doing a puzzle or reading. These activities may help **improve brain function and memory**.

FOR YOUR REFERENCE

Information related to MAHP's quality improvement plan, case management, disease management, member rights, communications, appeals process, after-hours assistance, accreditation/awards, and privacy/confidentiality may be viewed at: www.mahealthplans.com. Persons without access to the internet may request paper copies by contacting MAHP at 563-556-8070 or 1-800-747-8900. Please ask to speak with a member of the QI team for assistance.

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IS YOUR MEMBER PROFILE CURRENT?

For change of name or address: You may notify us in person at 1605 Associates Drive, Suite 101, Dubuque, IA; by email at memberservices@mahealthcare.com; online at www.mahealthplans.com; or by calling our Member Services staff at 563-584-4885 or 866-821-1365.