

There's lots of beneficial vaccines available to Fund members, but it can be hard to keep track of how often and when you should get your shots.

We're here to help by passing along federal Centers for Disease Control vaccine guidance. Always talk to your physician before you opt for any medical treatment.

- **COVID 19 vaccine:** Get the updated vaccine once a year.
- **RSV:** Members over age 60 should get the vaccine every other year.
- **Flu:** Yearly, around October
- **Pneumonia:** Members over age 50 need the shot only once.
- **Shingles:** Members over age 50 should get the first dose, followed by a second dose two to six months later. You're protected for seven years.
- **TDAP:** If you didn't get the vaccine as child, only one dose is needed.

Refer to this chart to determine which benefit card to use at the pharmacy:

<b>Full time Actives and Retirees Under Age 65</b>	
<b>Vaccine</b>	<b>What card do I use?</b>
COVID 19	<b>Basic Health Care</b> i.e. GHI HIP
Flu	<b>Basic Health Care</b> i.e. GHI HIP
Pneumonia	<b>Basic Health Care</b> i.e. GHI HIP
RSV *	<b>Basic Health Care</b> i.e. GHI HIP
* for adults over 60 years old. Anyone under 60 years old will have to check with their health care provider for eligibility.	

<b>Retirees Over Age 65</b>	
<b>Vaccine</b>	<b>What card do I use?</b>
COVID 19	<b>Medicare Card</b>
Flu	<b>Medicare Card</b>
Pneumonia	<b>Medicare Card</b>
RSV	<b>Silverscripts Card</b>
Shingles	<b>Silverscripts Card</b>
TDAP	<b>Silverscripts Card</b>
**	<b>Silverscripts Card</b>
** And all other vaccines when they are reasonable and necessary to prevent illness, except those covered by Part B	