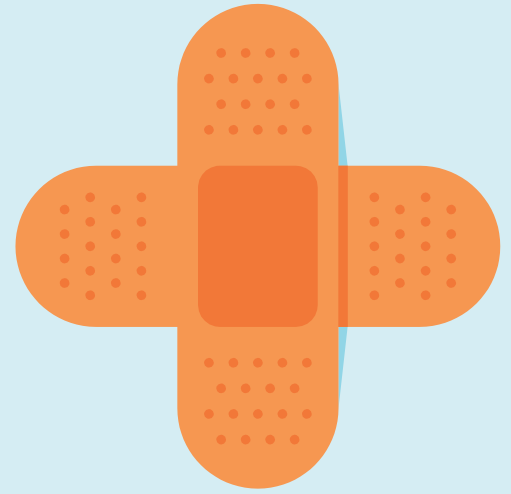


Make your health a priority

Vaccine Guide – Holy Cross



Holy Cross members, your medical plans include coverage of many routine vaccines, including flu shots, COVID-19 vaccines, and also RSV vaccines at \$0. While these vaccines are widely recommended, you should always consult with your physician about your specific needs.

Flu shots

Every year millions of people get the flu. Most people who get the flu have a mild illness, but for some, it can lead to serious health problems. The flu is caused by influenza viruses that affect the lungs, throat and nose, and is highly contagious. According to the Centers for Disease Control and Prevention (CDC), getting the yearly flu vaccine is the best way to protect yourself from the flu. The CDC recommends a yearly **flu vaccine** for everyone 6 months of age and older.

Routine vaccines

Other Vaccines help protect you from serious infectious diseases throughout your life – from infancy to early adulthood and into old age. The list of routine vaccines on page 2 are recommended by the Advisory Committee on Immunization Practices (ACIP). This is a federal committee comprised of immunization experts that is convened by the CDC. Routine vaccines are covered on the Holy Cross medical plans and can help you and your family stay healthy.

Schedule your vaccine today

You can schedule a flu shot or a routine vaccine at a network pharmacy. Go to **optumrx.com** and search for a retail pharmacy nearest you.

Many vaccines are available on a walk-in basis.

Show your HPHC/OptumRx ID card before getting your flu shot or vaccine. The Holy Cross medical plans cover certain routine vaccines at 100% when you use network pharmacies.

For more information, sign in to **optumrx.com** or call the number on your member ID card.

Talk to your doctor about the specific needs of you and your family. Here is a list of flu shots and CDC-recommended routine vaccines.

Age restrictions or limitations may apply. Check with your network pharmacy for requirements.

Flu shots

Flu (Influenza)²

Afluria Quad	Flublok Quad	FluMist Quad
Fluad Quad	Flucelvax Quad	Fluzone High-Dose Quad
Fluarix Quad	Flulaval Quad	Fluzone Quad

Other vaccines²

COVID-19

Dengue (copay waiver required to determine eligibility) Dengvaxia

Hepatitis A Havrix, Vaqta

Hepatitis B Engerix-B, Heplisav-B, PreHevbrio, Recombivax-HB

Hepatitis A/Hepatitis B Twinrix

Human Papilloma Virus (HPV) – Vaccine prevents HPV-related cancers (ages 9-26 years) Gardasil 9

Measles, Mumps, Rubella M-M-R II, PRIORIX

Meningococcal – Vaccine prevents meningitis Groups A, C, Y and W-135 Menactra, Menquadfi, Menveo

Meningococcal – Vaccine prevents meningitis Group B Bexsero, Trumenba

Pneumococcal – Vaccine prevents pneumonia Prevnar 13, Pneumovax 23, Vaxneuvance, Prevnar 20

Poliovirus Ipol

Tdap – Vaccine prevents tetanus, diphtheria, pertussis Adacel, Boostrix

Td – Vaccine prevents tetanus and diphtheria TDVax, Tenivac

Varicella – Vaccine prevents chicken pox Varivax

Zoster – Vaccine prevents shingles Shingrix

RSV Vaccines are also included at \$0 for Holy Cross members – consult with your physician about which vaccine(s) are the right course of treatment for your specific needs.

Please note this list is subject to change. Ask your employer or check your plan documents for your plan's specific details.

Not all vaccines on this list are available at all network pharmacies. Contact your local network pharmacy to confirm which vaccines they offer.