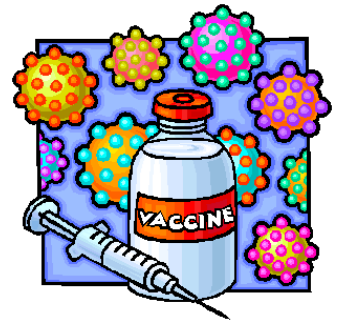


September 2012 is Vaccination Awareness Month



At the State Employees' Insurance Board (SEIB)
State Wellness Center: Healthcare Clinic and Pharmacy

Why get vaccinated?

- To prevent diseases from spreading. Vaccinations are the reason we don't have to worry about certain diseases anymore!
- If we were to stop vaccinating certain diseases would spread all over the country and kill thousands of people
- We want to continue to protect our children and even future generations from having to experience disease epidemics that vaccines help to prevent

Wellness Center Hours:

Monday-Wednesday, Friday
8:00 am to 5:00 pm
Thursday
9:00 am to 5:00 pm

(334) 263-8470

Pharmacy Hours:

Monday-Wednesday, Friday
7:30 am to 5:30 pm
Thursday
9:00 am to 5:30 pm

(334) 263-8460



All active employees covered under the State Employee's Health Insurance Plan (Group 13000) are eligible for a wellness premium discount. Every active employee must be screened each year. Don't delay! Schedule your appointment online and come visit the State Wellness Center today for your free health screening!

We can help you become more involved in your treatment and a more knowledgeable patient. Let us educate you on your medications and help you monitor your health conditions more closely. Call today to set up your FREE visit with a pharmacist here at the State Wellness Center.

Employees and dependents insured by the SEIB (BCBS Group 13000, 60913, 61013, 72013 and Southland Group 2000) can purchase various products at discounted prices at the SEIB Pharmacy.

NOTE: Only Group 13000 members may purchase **prescription** drugs.

*The SEIB Pharmacy offers **FREE NEXT DAY*** delivery for your prescriptions! *Requests must be received by **3 pm**.*

*Your **insurance card** and a **photo ID** must be presented when purchasing all products and services.*

Purchases of over-the-counter items are limited to: 1 box/1 bottle/30-day supply.

Visit the SEIB State Wellness Center & Pharmacy at 101 South Union Street, Montgomery, Alabama.

334-263-8460

rx@alseib.org

www.alseib.org

How Vaccines Work

Vaccines use our body's own immune system to fight against disease. They act like an infection in our body without causing illness. The type of reaction that vaccines cause does not make us sick, instead it allows our body to be able to recognize that particular disease and be able to fight it off if it encounters that disease in the future.

Vaccines Provided by the State Wellness Center

- **Influenza (TIV):** Covers against three different influenza (flu) viruses including type B, type A (H1N1) and type A (H3N2). Flu season occurs normally between October and May of each year so it's best to get vaccinated as soon as it is available each year, usually around August or September. The flu virus can present with symptoms such as fatigue, fever, headache, aches, and a runny nose.

Who should receive it? All patients 6 months and older should receive the influenza vaccination **EACH YEAR**. It is **VERY** important that the following people receive the vaccination:

- Pregnant women
 - Children <5 years of age
 - People over 50 years of age
 - People with chronic medication conditions (ex. Diabetes)
 - People who live in nursing homes or long term care facilities
 - People who work with those at high risk of getting the flu (ex. healthcare workers)
- **Tetanus, Diphtheria, & Pertussis (Tdap):** Protects against Tetanus (lock jaw), Diphtheria, and Pertussis (whooping cough). Diphtheria and Pertussis are all transmitted from person to person, however Tetanus is transmitted through cuts, scrapes, or wounds. All three bacteria induced diseases are very serious and can lead to death so vaccination is important.

Who should receive it? Adults between 19- 65 should receive one Tdap if they have not received it before. Adults over 65 may receive another dose of Tdap if desired. The following adults are strongly encouraged to receive Tdap: pregnant women, adults around babies less than 12 months of age, and healthcare professionals.

- **Pneumococcal (PPSV23):** Protects against possible pneumonia, blood infections, and meningitis that is caused by Pneumococcal disease. Pneumococcal pneumonia kills around 1 in 20 people who get it so vaccination is important.

Who should receive it? **ALL** adults 65 years of age and older should receive the vaccine. People ages 2-64 should receive the vaccination if they have conditions that lower their immune response, have heart disease, lung disease, diabetes, cirrhosis, HIV/AIDS, kidney disease, or take long term medications suppressing their immune system. It is also recommended that patients between ages 19-64 get the vaccination if they are smokers or have asthma. Patients only need to receive a second dose if they are over 65, got their first dose when they were younger than 65, and it has been **at least 5 years** since their first dose.

- **Herpes Zoster “Shingles” (Zostavax):** This vaccine protects against a painful rash called shingles. Shingles is caused by the same virus that causes chicken pox. Only people who have had chicken pox or had the chicken pox vaccine (Varicella) can get shingles. The vaccine has been found to reduce the chance of getting shingles by up to 50%. Common symptoms of shingles are a rash on one side of your body accompanied by severe pain, and sometimes a fever, headache, and upset stomach. In some situations the pain lingers after the rash has disappeared and this is called post-herpetic neuralgia.

Who should receive it? The vaccine is recommended for patients 60 years of age and older. It is an option for patients 50 years of age and older to receive the vaccine if they have already had the shingles.

Come to the State Wellness Center for your Vaccinations!

Schedule an appointment or walk-in to the wellness center for your vaccination(s). We offer the above vaccinations at the clinic free of charge for state employees.

Give us a call to get vaccinated today! (334) 263-8470 or (877) 311-1375

References:

CDC Vaccines and Immunizations. CDC Website. Available at: <http://www.cdc.gov/vaccines/>. Accessed April 2012.