



Vaccinations are some of the most important tools available for preventing disease, according to the U.S. Centers for Disease Control and Prevention (CDC).

Why get vaccinated?

Vaccinations protect adults and children from developing a potentially serious disease. They also protect the community by reducing the spread of infectious disease. If people are immunized, diseases are less likely to pass through a population.

You can receive convenient immunization services at select network pharmacies through your Moda Health pharmacy benefit.

What vaccines are covered?

- **Influenza.** Common influenza causes fever, sore throat, cough, chills, headache and muscle aches. The best time to get your flu shot is the end of October, before the height of flu season; however, getting vaccinated later in the season also helps protect against the flu. One vaccination is covered in a nine-month period. High-dose flu vaccines are covered for specific age ranges, based on FDA guidelines. Please contact Moda Health Pharmacy Customer Service to learn more.
- **Shingles (herpes zoster).** This is a rash that usually appears on one side of the body. It will often blister, lasting up to 30 days, and can be very painful. The newest shingles vaccine, Shingrix®, is recommended for adults 50 years or older to prevent shingles. One, two-dose series will be covered for members 50 years or older per lifetime. The CDC prefers Shingrix and recommends that adults receive Shingrix even if they have already received Zostavax.
- **Varicella.** The varicella vaccine is used to prevent chickenpox. Chickenpox is usually mild in children but can have serious consequences or cause fatality in certain populations such as children, pregnant women, or those with a weakened immune system. A two-dose series is recommended for children

during childhood.

- **Pneumococcal.** Pneumococcal disease can result in serious, sometimes fatal infections of the lungs (pneumonia), the blood and the brain (meningitis). The pneumococcal vaccines, Pevnar®13 and Pneumovax®23, can be given anytime of the year to provide long-term protection. These vaccines are covered for adults 65 years or older and may be appropriate for persons with certain chronic conditions such as heart, lung, and liver disease, and those with a weakened immune system. Please talk to your doctor if you feel that you may be considered high-risk.
- **Hepatitis A and hepatitis B.** Hepatitis A is spread through contaminated food or water, and contact with infected animals or humans. It is not a life-long disease, but it can cause temporary nausea, vomiting and other serious symptoms. Hepatitis B is spread through contact with blood or bodily fluids from persons who are infected. It is a serious viral disease that can cause liver damage, cancer and death.

The CDC recommends vaccination during the first few years of life and for adults in certain situations. There are several different versions of hepatitis A and B vaccines. Please talk to your doctor or pharmacist to learn more.

- **Measles, Mumps, and Rubella.** Measles, a highly contagious virus, can pass from person to person through coughing or sneezing. It can cause rash, fever, cough, runny nose, or pink eye. Mumps can pass through the air, similar to measles, but is not as infectious. Symptoms include muscle soreness, loss of appetite, fever and sore throat. Rubella is usually spread through coughing and sneezing.
- Measles, mumps, and rubella protection is contained in one vaccine called MMR. This vaccine can have some side effects such as a sore arm for a short time after vaccination, fever, or temporary soreness in the joints. However, the CDC advises that a two-dose series be given in childhood as it is much safer than getting these diseases.
- **Polio.** Poliovirus is highly contagious and can be crippling due to paralysis and potentially deadly. A

References

1. Centers for Disease Control and Prevention. Vaccines and Immunizations. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. Available from: <https://www.cdc.gov/vaccines/index.html>

> VACCINATIONS COVERED AT PHARMACIES

four-dose series is recommended for all children.

- **Meningococcal.** This disease is a rare but potentially fatal condition that affects the fluid surrounding the brain and spinal cord. Infection can lead to permanent damage such as hearing loss or learning disabilities. It is spread through the exchange of lung and throat secretions from an infected person.

The CDC recommends this vaccine for all preteens, and for adults in some situations, such as those with certain immunosuppressive disease states or medications, or traveling to areas with epidemic meningococcal disease. Talk to your doctor to find out if a meningococcal vaccine is recommended for you.

- **Human papilloma virus (HPV).** Genital HPV is the most common sexually transmitted virus in the U.S. Vaccinations, Gardasil®, help protect against some of these HPV strains, which can cause cervical cancer. It is important that all three doses are received. They are covered for adolescents and adults ages nine to 26. Gardasil is covered for both males and females.

- **Tetanus, diphtheria and pertussis.** Tetanus is caused by bacteria, which can enter the bloodstream through a wound opening. It causes muscle tightening and stiffness all over the body and can cause death if left untreated.

Diphtheria is a contagious disease. It spreads through contact with an infected person, usually through coughing or sneezing. It can also be fatal if left untreated.

Pertussis (“whooping cough”) causes excessive coughing fits that can disturb normal breathing. This disease might appear to be a regular cold at first and can last for weeks or months before diagnosis.

One vaccine, known as Tdap, vaccinates against tetanus, diphtheria and pertussis. It is routinely given to older children, pregnant women, healthcare professionals and those that have close contact with babies. Then, a booster is recommended once every 10 years.

How much will I pay?

Nothing. You will have no copay at an in-network pharmacy.

Network pharmacies

Call ahead of time to make sure the pharmacy has the vaccine you need. Show your Moda Health ID card to the pharmacist for billing before getting a vaccine. Otherwise, it may not be covered.

The following participating chain pharmacies are just a few that can provide vaccines:

- Rite Aid
- Fred Meyer
- CVS
- Bartell Drugs
- Safeway

For questions, or to see a complete list of in-network pharmacies, please call the Moda Health Pharmacy Customer Service team at 503-265-2911 or 866-923-0411.

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References

1. Centers for Disease Control and Prevention. Vaccines and Immunizations. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. Available from: <https://www.cdc.gov/vaccines/index.html>

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2021.1 (1/1/2021). For prior effective dates, please contact Moda Health.



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If your first language is not English, we will give you free interpretation services and/or materials in other languages.

If you need any of the above, call Customer Service at:

888-217-2363 (TDD/TTY 711)

If you think we did not offer these services or discriminated, you can file a written complaint.

Please mail or fax it to:

Moda Partners, Inc.
Attention: Appeal Unit
601 SW Second Ave.
Portland, OR 97204
Fax: 503-412-4003

If you need help filing a complaint, please call Customer Service.

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U.S. Department of Health
and Human Services
200 Independence Ave. SW, Room 509F
HHH Building, Washington, DC 20201
800-368-1019, 800-537-7697 (TDD)

You can get Office for Civil Rights complaint forms at hhs.gov/ocr/office/file/index.html.

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