



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, Prevnar®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 of 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 four-dose series is recommended for all children.

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

- **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 844-776-1594.

This document is provided for informational purposes only, and is intended as a quick reference. For cost and further details of the coverage, including exclusions, any reduction or limitations and the terms under which the policy may be continued in force, please contact your producer or Moda Health.

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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.



Nondiscrimination notice

We follow federal civil rights laws. We do not discriminate based on race, color, national origin, age, disability, gender identity, sex or sexual orientation.

We provide free services to people with disabilities so that they can communicate with us. These include sign language interpreters and other forms of communication.

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.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights at ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone:

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.

Dave Nessler-Cass coordinates our nondiscrimination work:

Dave Nessler-Cass,
Chief Compliance Officer
601 SW Second Ave.
Portland, OR 97204
855-232-9111
compliance@modahealth.com

ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711).

CHÚ Ý: Nếu bạn nói tiếng Việt, có dịch vụ hỗ trợ ngôn ngữ miễn phí cho bạn. Gọi 1-877-605-3229 (TTY:711)

注意：如果您說中文，可得到免費語言幫助服務。請致電1-877-605-3229（聾啞人專用：711）

주의: 한국어로 무료 언어 지원 서비스를 이용하시려면 다음 연락처로 연락해주시기 바랍니다. 전화 1-877-605-3229 (TTY: 711)

PAUNAWA: Kung nagsasalita ka ng Tagalog, ang mga serbisyong tulong sa wika, ay walang bayad, at magagamit mo. Tumawag sa numerong 1-877-605-3229 (TTY: 711)

تنبيه: إذا كنت تتحدث العربية، فهناك خدمات مساعدة لغوية متاحة لك مجانًا. اتصل برقم (الهاتف النصي): 1-877-605-3229 (711)

بولتے ہیں تو لسانی (URDU) توجہ دیں: اگر آپ اردو اعانت آپ کے لیے بلا معاوضہ دستیاب ہے۔ 1-877-605-3229 (TTY: 711) پر کال کریں

ВНИМАНИЕ! Если Вы говорите по-русски, воспользуйтесь бесплатной языковой поддержкой. Позвоните по тел. 1-877-605-3229 (текстовый телефон: 711).

ATTENTION : si vous êtes locuteurs francophones, le service d'assistance linguistique gratuit est disponible. Appelez au 1-877-605-3229 (TTY: 711)

توجہ: در صورتی کہ بہ فارسی صحبت می کنید، خدمات ترجمہ بہ صورت رایگان برای شما موجود است. با تماس بگیرد. (TTY: 711) 1-877-605-3229

ध्यान दें: यदि आप हिंदी बोलते हैं, तो आपको भाषाई सहायता बिना कोई पैसा दिए उपलब्ध है। 1-877-605-3229 पर कॉल करें (TTY: 711)

Achtung: Falls Sie Deutsch sprechen, stehen Ihnen kostenlos Sprachassistentendienste zur Verfügung. Rufen sie 1-877-605-3229 (TTY: 711)

注意:日本語をご希望の方には、日本語サービスを無料で提供しております。1-877-605-3229 (TTY、テレタイプライターをご利用の方は711)までお電話ください。

အကူအညီ: ဤတမ်း (မူပိုင်ခွင့် မပါ။ အင်္ဂလိပ် ဝေါဟာရ) ဝေါဟာရ ဖြစ်သည်။ 1-877-605-3229 (TTY: 711) နှင့် ခေါ်ဆိုပါ။

ໂປດຊາຍ: ຖ້າທ່ານເວົ້າພາສາລາວ, ການຊ່ວຍເຫຼືອດ້ານພາສາແມ່ນມີໃຫ້ທ່ານໂດຍບໍ່ເສັຍຄ່າ. ໂທ 1-877-605-3229 (TTY: 711)

УВАГА! Якщо ви говорите українською, для вас доступні безкоштовні консультації рідною мовою. Зателефонуйте 1-877-605-3229 (TTY: 711)

ATENȚIE: Dacă vorbiți limba română, vă punem la dispoziție serviciul de asistență lingvistică în mod gratuit. Sunați la 1-877-605-3229 (TTY 711)

THOV CEEB TOOM: Yog hais tias koj hais lus Hmoob, muaj cov kev pab cuam txhais lus, pub dawb rau koj. Hu rau 1-877-605-3229 (TTY: 711)

ត្រូវចងចាំ: បើអ្នកនិយាយភាសាខ្មែរ ហើយត្រូវការសេវាកម្មជំនួយផ្នែកភាសាដោយឥតគិតថ្លៃ គឺមានផ្តល់ជូនលោកអ្នក។ សូមទូរស័ព្ទទៅកាន់លេខ 1-877-605-3229 (TTY: 711)

HUBACHIISA: Yoo afaan Kshtik kan dubbattan ta'e tajaajiloonni gargaarsaa isiniif jira 1-877-605-3229 (TTY:711) tiin bilbilaa.

โปรดทราบ: หากคุณพูดภาษาไทย คุณสามารถใช้บริการช่วยเหลือด้านภาษาได้ฟรี โทร 1-877-605-3229 (TTY: 711)

FA'AUTAGIA: Afai e te tautala i le gagana Samoa, o loo avanoa fesoasoani tau gagana mo oe e le totogia. Vala'au i le 1-877-605-3229 (TTY: 711)

IPANGAG: Nu agsasaoka iti Ilocano, sidadaan ti tulong iti lengguahe para kenka nga awan bayadna. Umawag iti 1-877-605-3229 (TTY: 711)

UWAGA: Dla osób mówiących po polsku dostępna jest bezpłatna pomoc językowa. Zadzwoń: 1-877-605-3229 (obsługa TTY: 711)

