

# Getting over an illness can take days. Getting a shot to help prevent it takes just minutes.

## Save time by getting a shot at the pharmacy

Did you know you can get a vaccine shot from a pharmacy in our Pharmacy Immunization Program? It's quick and easy. Most pharmacies are open longer hours than your doctor's office. And you don't need a prescription or an appointment. Just show up at the pharmacy. After all, you may already be going to your pharmacy to pick up a prescription.

## Get protected with a vaccine *before* you get sick

Vaccines like a flu shot help your body fight disease if you're exposed to viruses. If you haven't had a vaccine before, talk to your doctor first to see if you should get one.

Pharmacies in our Pharmacy Immunization Program may give you vaccines for these illnesses:

- **Flu** – Protects against different strains of the flu. Don't worry, the flu shot can't give you the flu. It helps your body fight the flu if you're exposed to the virus.<sup>1</sup>
- **Pneumonia** – Prevents pneumococcal disease caused by bacteria. These bacteria can cause serious health problems such as pneumonia, blood infections and meningitis. And the bacteria can spread from one person to another by close contact.<sup>2</sup>
- **Shingles** – Helps prevent shingles. This is a painful skin rash, often with blisters. It's caused by the varicella zoster virus, which causes chickenpox and can appear years later as shingles.<sup>3</sup>

## You decide where to go and when

Just go to a pharmacy that's part of the program and offers shots. You can find one close to home or work. Check the included list, or call a pharmacy to make sure it's in the program.

You don't need to make an appointment or fit the visit into your doctor's schedule. Just pick a time that works for you. Many of them are open after hours and on weekends.

## No prescription needed from your doctor

Just show your member ID card at the pharmacy. You have the same coverage for when you get a shot at your doctor's office.

## Have a question or want to learn more about vaccines?

If you want to check your coverage, call Customer Service at the number on your ID card. To find out more about vaccines, go to the Centers for Disease Control and Prevention's website at [cdc.gov/vaccines/](http://cdc.gov/vaccines/)

## Pharmacies in the immunization program

Independent and regional pharmacies may not be listed below.

A&P	Harris Teeter	Save Mart Supermarkets
Ahold	Horton & Converse Pharmacies	Schnucks Markets
Albertsons	Hy-Vee Food Stores	Shopko Stores
Amerisource	IHC Health Services, Inc.	Strategic Health Alliance/ McKesson/Health Mart
Aurora Pharmacy	Ingles Markets	SuperValu Pharmacies
Bartell Drug Company	Kerr Drug	Target
Brookshire Grocery Co.	Kmart	Truecare
Cardinal Health/LeaderNET	Kroger	United Supermarkets
Costco Wholesale	May's Drug Stores	USA Drug
CVS	Medicap Pharmacy	Wakefern Food Corporation
Dierbergs	Medicine Shoppe	Walgreens
Discount Drug Mart	Meijer Pharmacy	Wegmans Food Markets
Drug World Pharmacies	Pamida Pharmacies	Weis Markets
Epic Pharmacy Network	Price Chopper Pharmacy	Winn-Dixie
Family Care Plus	Publix Super Markets	
Fred W. Albrecht Grocery	Raley's	
Fresh Markets	Rite Aid	
Giant Eagle Pharmacy	Ritzman Pharmacies	
H.E. Butt Grocery Company	Roundy's Supermarkets	
Hannaford Bros. Co.	Safeway	

Note: The Pharmacy Immunization Program may vary depending on your benefits, including your cost share. Not all plans cover immunizations under pharmacy benefits. Check your certificate of coverage for more details.

1 Centers for Disease Control and Prevention, *Possible Side-effects from Vaccines* (August 2012) [cdc.gov/vaccines/vac-gen/side-effects.htm](http://cdc.gov/vaccines/vac-gen/side-effects.htm)

2 Centers for Disease Control and Prevention, *Pneumococcal Conjugate Vaccine* (February 2013) [cdc.gov/vaccines/pubs/vis/downloads/vis-pcv.pdf](http://cdc.gov/vaccines/pubs/vis/downloads/vis-pcv.pdf)

3 Centers for Disease Control and Prevention, *Shingles (Herpes Zoster) Vaccination* (January 2011) [cdc.gov/vaccines/vpd-vac/shingles/default.htm](http://cdc.gov/vaccines/vpd-vac/shingles/default.htm)