



Stay Armed Against Disease. You may wash your hands frequently, take vitamins and keep your surroundings clean, but are you taking another important step toward protecting your health? Vaccines can save lives by preventing outbreaks of serious, preventable and sometimes deadly, contagious diseases. According to the U.S. Department of Health and Human Services, vaccination programs save 2 million to 3 million lives annually. Are your vaccinations up to date?

What they are:

Vaccines contain the same germs that cause disease. However, the germs have been either killed or weakened to the point that they don't make you sick when you are exposed to them.

How they work:

A vaccine helps your body produce antibodies. This will prevent you from getting sick in the future. Without a vaccine, you would have to get sick before developing the antibodies for immunity.

Why they're important:

When people are vaccinated, a disease has fewer opportunities to spread. Also, some people are unable to be vaccinated due to age, allergies or severe health conditions. They rely on the majority of people around them being vaccinated to protect them from disease and infection.

Who they're for:

Vaccinations aren't just for children. The Centers for Disease Control and Prevention (CDC) recommends vaccinations from birth through adulthood for a lifetime of protection.

Where to learn more:

Talk to your doctor about any questions or concerns you have about immunizations and which vaccines are recommended for you and your family.

For a full list of recommended immunizations by age group, visit the CDC's website at cdc.gov/vaccines/schedules.

Sources: U.S. Department of Health and Human Services and the Centers for Disease Control and Prevention



NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP. More detail can be found on <http://www.nj.gov/njwell/>.

Please Note: Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional.

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