



BECAUSE YOUR HEALTH IS IMPORTANT...

You know vaccination is important for infants.

Did you know that vaccination is **also** important for **adults**?

As you age, your immune system simply can't fight off disease like it used to. It could use some help.

+ Contact your health care provider today to stay current with your vaccinations.

Ask your health plan about whether preventive health services are available to you at no cost.

To learn more, visit:

Centers for Disease Control and Prevention (CDC): www.cdc.gov

US Food and Drug Administration (FDA): www.fda.gov

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