Just because you’re healthy now doesn’t mean that you can’t do more for your health. For starters, are your immunizations current? Your need for vaccines doesn’t end when you become an adult.

Kids and adults both need a variety of vaccinations, which depending on your health history could include:

- Influenza
- Tetanus, diphtheria, pertussis (Td/Tdap)
- Measles, mumps, rubella (MMR)
- Chickenpox (varicella)

In addition to getting your immunizations, it is important to visit your primary provider for an annual preventative exam. Don’t have a primary provider? Contact your P&G myHEALTH myREWARDS team at UnitedHealthcare for help finding a doctor and to see if your immunizations are up to date.

SOURCES:

These services should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided is for informational purposes only and provided as part of your health plan. Wellness nurses, coaches and other representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor’s care. Your health information is kept confidential in accordance with the law. The program is not an insurance program and may be discontinued at any time.

© 2016 UnitedHealthcare, Inc. All rights reserved. A15556 52860-122015