



# Immunize

your 11- to 13-year-old

and enter a raffle to win a



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visit: [www.ibx.com/gen-y](http://www.ibx.com/gen-y)  
for more information



# Vaccines can save lives!

Help prevent infectious diseases and other serious illnesses by making sure your child receives all recommended immunizations. Teens may need shots for meningitis, measles, mumps, rubella (German measles), hepatitis, varicella (chickenpox), influenza, polio, pertussis, tetanus, diphtheria, and the human papillomavirus (HPV).

The Centers for Disease Control and Prevention (CDC), which support and foster the health of children, report that our nation's high immunization rates are the reason very few children suffer from vaccine-preventable diseases that used to harm children in the past. These high immunization rates show that parents and guardians realize the importance of early childhood vaccinations. When adolescents reach ages 11 – 13, they need additional vaccines, both boosters and some initial vaccines recommended for the first time. Boosters continue the protection of the vaccines they received as infants and children.

Discuss with your adolescent's health care provider the recommended immunizations and boosters for adolescents 11 – 13 years of age, special vaccine schedules, and catch-up immunization schedules if your adolescent started receiving immunizations late or is behind schedule.

# Take advantage

of this exciting raffle while supplies last. Independence Blue Cross is encouraging families to make healthy choices, such as scheduling and receiving regular check-ups and recommended vaccinations.

**Go to the Gen-Y Health Club<sup>SM</sup> at [www.ibx.com/gen-y](http://www.ibx.com/gen-y)**

Show proof of your child's immunization by completing the raffle entry form.  
Offer expires 12/31/2008.

Routine immunizations may be a covered benefit, however, members may be responsible for office visit copayments. Refer to your benefits description material for complete details of the terms, limitations, and exclusions of your coverage. Benefits may be based on specific time frames.



**Independence  
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Independence Blue Cross is an independent licensee of the Blue Cross and Blue Shield Association.

**genY**  
health club



# Additional resources

- CDC: [www.cdc.gov/vaccines/recs/schedules/child-schedule.htm#printable](http://www.cdc.gov/vaccines/recs/schedules/child-schedule.htm#printable) for the complete list of recommended immunizations appropriate for your adolescent
- Independence Blue Cross Gen-Y Health Club: [www.ibx.com/gen-y](http://www.ibx.com/gen-y)
- National Immunization Information Hotline: 1-800-232-4636 or [www.vaccines.ashstd.org](http://www.vaccines.ashstd.org)

For information on all of our Connections<sup>SM</sup> Health Management Programs, or to speak with a Health Coach, please visit our website at [www.ibxpress.com](http://www.ibxpress.com) or call 1-800-ASK-BLUE and press 1 for member information. You will be instructed to press 2 for Connections or to speak with a Health Coach.

# Schedule your child's immunizations today!

## Recommended vaccines:

- **Tetanus/diphtheria/acellular pertussis (Tdap).** Children ages 11 – 12 who have completed the recommended routine DTP/DTaP vaccination series and have not received a tetanus and diphtheria toxoids (Td) booster dose. Adolescents ages 13 – 18 who missed the 11 – 12 year Tdap or received Td only are encouraged to receive one dose of Tdap 5 years after the last Td/DTaP dose. Tdap is a special form of the vaccine that is recommended for teens.
- **Human papillomavirus (HPV).** Routine HPV vaccination is recommended for girls ages 11 – 12 years in a three-dose schedule. A “catch-up” vaccination is recommended for females ages 13 – 18 who have not been vaccinated previously or who have not completed the full vaccine series.

The HPV vaccine reduces infection from four strains of HPV — 6, 11, 16, and 18. HPV is one of the most common sexually transmitted infections in the United States, and most cases of cervical cancer are associated with a previous HPV infection. These recommendations are designed to promote vaccination before sexual activity begins.

- **Meningococcal.** Children ages 11 – 12; previously unvaccinated adolescents entering high school, or soon-to-be college freshmen who will live in dormitories.
- If you have changed your adolescent's health care provider, please request and confirm that your adolescent's health records, including immunization records, are transferred to the new office.



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