



Vaccines for Adults

Vaccines are an important part of preventive healthcare for adults

What vaccines do I need?

Recommended

Certain circumstances/risk factors

Vaccine	Age 19-49	Age 50-64	Age 65+
Influenza (Flu)			Ask for enhanced vaccine
COVID-19 (updated for new variants)			
Tdap/TD (Tetanus/Diphtheria/Pertussis-whooping cough)	Every 10 years or each pregnancy and for wound management		
Hepatitis B	Catch up if unvaccinated		
Shingles	If weak immune system		
Pneumococcal	Certain high risk conditions		
HPV (Human Papillomavirus)	Ask your provider		
MMR* (Measles, Mumps, Rubella)	Catch-up if never vaccinated		
Varicella* (Chickenpox)	Catch up if never vaccinated and never had chickenpox		
Hepatitis A*	High-risk conditions/travel: ask your provider		
RSV* (Respiratory Syncytial Virus)			For ages 60+

* Vaccine may be recommended for certain health conditions and age groups, ask your provider.

Where do I go for shots?

Start with your primary care provider. Many providers offer vaccines.

If your healthcare provider doesn't give vaccinations or you don't have a healthcare provider...

Next, contact your local pharmacy.

Check if your local pharmacy is considered in-network for your insurance plan and that the specific vaccine is covered. If your pharmacy can't help...

Lastly, try these resources.

- Local Public Health Office
- Federally Qualified Health Center (FQHC)
- Travel health clinics provide routine vaccines with insurance or out of pocket payment

Who pays for my shots?

Medical or Pharmacy Insurance

Most vaccines are covered as a preventive measure under the Affordable Care Act.

Check with your insurance and pharmacy plan for co-pays, deductibles, and if this is a health care provider office or pharmacy benefit.

If you have Medicare

Medicare Part B covers flu and Pneumonia in the doctor's office and the pharmacy.

Medicare Part D covers Shingles, Tdap and all new vaccines.



Additional vaccines may be recommended that are not covered by health insurance. Go to www.cdc.gov/travelrequirements for a list of travel vaccines.

If you do not have insurance

Contact the State Insurance sign-up hotline at 1-833-862-3935 or online at www.bewellnm.com

For some vaccines, go to your local Public Health Office. Vaccine manufacturers or coupon cards may be able to help you with patient assistance programs or costs for certain vaccines.

You may need to pay out of pocket.

For more information about vaccines go to immunization.doh.nm.gov or call your doctor or pharmacist

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