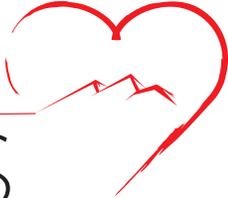


# health awareness



A COUNTY HEALTH POOL PUBLICATION

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## NATIONAL IMMUNIZATION MONTH

**E**ach year in August, National Immunization Awareness Month (NIAM) provides an opportunity to highlight the value of immunization across the lifespan. The focus is on encouraging all people to protect their health by being vaccinated against infectious diseases.

CDC develops immunization materials to encourage parents of young children to get recommended immunizations by age two; and make sure older children, preteens, and teens have received all recommended vaccines by the time they go back to school.

People of all ages can protect their health with timely vaccination. College students are encouraged to catch up on immunizations before they move into dormitories. Adults, including

healthcare workers should educate themselves about vaccines and boosters they may need.

Pregnant women should be aware of the need to get vaccinated to protect newborns from diseases like whooping cough (pertussis). The next flu season is only a few months away

According to data from the 2012 National Health Interview Survey (NHIS), adult vaccination coverage remains low for most routinely recommended vaccines. In 2013, the National Vaccine Advisory Committee (NVAC) updated the Standards for Adult Immunization Practice to reflect the critical need for ALL healthcare professionals – whether they provide immunization services or not – to take steps to ensure that adult patients get the vaccines they need.

### Vaccine-Preventable Diseases and the Vaccines that Prevent Them

**Influenza** (Can be prevented by annual flu vaccine)

Influenza is a highly contagious viral infection of the nose, throat, and lungs. The virus spreads easily through droplets when an infected person coughs or sneezes and can cause mild to severe illness. Typical symptoms include a sudden high fever, chills, a dry cough, headache, runny nose, sore throat, and muscle and joint pain. Extreme fatigue can last from several days to weeks. Influenza may lead to hospitalization or even death, even among previously healthy children.

**Mumps** (Can be prevented by MMR vaccine)

*(article is continued on reverse side)*

Mumps is an infectious disease caused by the mumps virus, which is spread in the air by a cough or sneeze from an infected person. A child can also get infected with mumps by coming in contact with a contaminated object, like a toy.

The mumps virus causes fever, headaches, painful swelling of the salivary glands under the jaw, fever, muscle aches, tiredness, and loss of appetite. Severe complications for children who get mumps are uncommon, but can include meningitis (infection of the covering of the brain and spinal cord), encephalitis (inflammation of the brain), permanent hearing loss, or swelling of the testes, which rarely can lead to sterility in men.

**Pneumococcal Disease** (Can be prevented by Pneumococcal vaccine)

Pneumonia is an infection of the lungs that can be caused by the bacteria called pneumococcus. This bacteria can cause other types of infections too, such as ear infections, sinus infections, meningitis (infection of the covering around the brain and spinal cord), bacteremia and sepsis (blood stream infection). Sinus and ear infections are usually mild and are much more common than the more severe forms of pneumococcal disease.

However, in some cases pneumococcal disease can be fatal or result in long-term problems, like brain damage, hearing loss and limb loss. Pneumococcal disease spreads when people cough or sneeze. Many people have the bacteria in their nose or throat at one time or another

## BENEFITS CORNER

### CHP preventive care services

- Get regular check-ups and exams to stay well and catch problems early. This could save your life!
- If you see an in-network provider, preventive care services are covered 100%
- If you go outside the Anthem network, you may have to pay a portion of the costs

\*Covered preventive care services include those that meet the requirements of federal and state law including certain screenings, immunizations, contraceptives and office visits; and are not subject to coinsurance or deductible. You may call Customer Service using the number on your ID card or your CHP Benefits Administrator for additional information about these services. (Or view the federal government's web sites, <http://www.healthcare.gov/center/regulations/prevention.html>; or <http://www.ahrq.gov/clinic/uspstfix.htm>; <http://www.cdc.gov/vaccines/recs/acip/>.)

### Additional Benefits to CHP Members if enrolled in Medical

Flu Shot Reimbursement - 100% of Reasonable & Customary rate

Health Fair Reimbursement - Up to \$40 annual reimbursement

Timely filing of claims is required within 6 months of date of service. Claims must include a receipt and claim form for processing. Submit paperwork directly to Anthem or CHP.

### Department of Transportation (DOT) Physicals

1. Limited to employees required to have a CDL license – Every 24 months (reimbursed 100% up to reasonable and customary)
2. Must use medical examiners in the Medical Registry, covered for both in- and out-of-network providers <https://nationalregistry.fmcsa.dot.gov>
3. A claim form must be completed and submitted to the provider ([www.ctsi.org](http://www.ctsi.org) or your Entity's Contact)

If the provider is testing for something other than what is included in the CDL physical, it will be billed under your CHP medical coverage and you will be responsible for charges. Timely filing of claims is required within 6 months of date of service

**SAVE THE DATE!!!! CHP Membership Renewal Meeting is September 17th at 10:00 a.m. at the CTSI offices.**

without being ill—this is known as being a carrier.

– From *CDC.gov*