



# ADULTS

It's time to take control of your health.

## Let's stay better together.

At the NALC Health Benefit Plan, we're committed to helping you and your family get and stay healthy.

### Recommended Adult Immunization Schedule by Age Group, United States, 2021

Vaccine	19–26 years	27–49 years	50–64 years	≥65 years
Influenza inactivated (IIV) or Influenza recombinant (RIV4)	1 dose annually			
Influenza live, attenuated (LAIV4)	1 dose annually			
Tetanus, diphtheria, pertussis (Tdap or Td)	1 dose Tdap each pregnancy; 1 dose Td/Tdap for wound management (see notes)			
Measles, mumps, rubella (MMR)	1 dose Tdap, then Td or Tdap booster every 10 years			
Varicella (VAR)	1 or 2 doses depending on indication (if born in 1957 or later)			
Zoster recombinant (RZV)	2 doses (if born in 1980 or later)			
Human papillomavirus (HPV)	2 or 3 doses depending on age at initial vaccination or condition	27 through 45 years	2 doses	2 doses
Pneumococcal conjugate (PCV13)	1 dose			
Pneumococcal polysaccharide (PPSV23)	1 or 2 doses depending on indication			
Hepatitis A (HepA)	2 or 3 doses depending on vaccine			
Hepatitis B (HepB)	2 or 3 doses depending on vaccine			
Meningococcal A, C, W, Y (MenACWY)	1 or 2 doses depending on indication, see notes for booster recommendations			
Meningococcal B (MenB)	2 or 3 doses depending on vaccine and indication, see notes for booster recommendations			
Haemophilus influenzae type b (Hib)	19 through 23 years			
	1 or 3 doses depending on indication			

Recommended vaccination for adults who meet age requirement, lack documentation of vaccination, or lack evidence of past infection	Recommended vaccination for adults with an additional risk factor or another indication	Recommended vaccination based on shared clinical decision-making	No recommendation/ Not applicable
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Together, all the way.®



**NOTE:** These preventive health recommendations are based on recommendations from the Advisory Committee on Immunization Practices, U.S. Preventive Services Task Force, and other nationally recognized authorities. For additional information on immunizations, visit the immunization schedule section of [cdc.gov](https://www.cdc.gov). This document is a general guide. Always discuss your particular care needs with your doctor. The immunization schedule is reprinted with permission from the Centers for Disease Control and Prevention.

#### Coverage exclusions:

This document does not guarantee coverage for all services and all plans have exclusions and limitations. See your plan materials for the coverage details of your specific medical plan.

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