

Road to WELLfluent™

Embrace better health®

MAKING THE VACCINE DECISION: ADDRESSING COMMON CONCERNS

Parents often have questions about the vaccines recommended for their children.

Your child's doctor can answer any questions you might have.

Most families decide to follow the recommended vaccination schedule published by the Centers for Disease Control and Prevention (CDC) at: www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html

2023 Recommended Immunizations for Children from Birth Through 6 Years Old

VACCINE	Birth	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	19-23 MONTHS	2-3 YEARS	4-6 YEARS
HepB Hepatitis B	HepB	HepB			HepB						
RV* Rotavirus		RV	RV	RV*							
DTaP Diphtheria, Pertussis, & Tetanus		DTaP	DTaP	DTaP		DTaP					DTaP
Hib* Haemophilus influenzae type b		Hib	Hib	Hib*	Hib						
PCV13, PCV15 Pneumococcal disease		PCV	PCV	PCV	PCV						
IPV Polio		IPV	IPV			IPV					IPV
COVID-19** Coronavirus disease 2019								COVID-19**			
Flu* Influenza								Flu (One or Two Doses Yearly)*			
MMR Measles, Mumps, & Rubella						MMR					MMR
Varicella Chickenpox						Varicella					Varicella
HepA* Hepatitis A						HepA*		HepA*			

FOOTNOTES

- RV*** Administering a third dose at age 6 months depends on the brand of Hib or rotavirus vaccine used for previous dose.
- Hib*** Number of doses recommended depends on your child's age and type of COVID-19 vaccine used.
- COVID-19**** Number of doses recommended depends on your child's age and type of COVID-19 vaccine used.
- Flu*** Two doses given at least 4 weeks apart are recommended for children age 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.
- HepA*** Two doses of Hep A vaccine are needed for lasting protection. The 2 doses should be given between age 12 and 33 months. Both doses should be separated by at least 6 months. Children 2 years and older who have not received 2 doses of Hep A should complete the series.

ADDITIONAL INFORMATION

- If your child misses a shot recommended for their age, talk to your child's doctor as soon as possible to see when the missed shot can be given.
 - If your child has any medical conditions that put them at risk for infection (e.g., sickle cell, HIV infection, cochlear implants) or is traveling outside the United States, talk to your child's doctor about additional vaccines that they may need.
- Talk with your child's doctor if you have questions about any shot recommended for your child.

Strengthening your baby's immune system

Immunity is the body's way of preventing disease. Because a baby's immune system is not fully developed at birth, babies face a greater risk of becoming infected and getting seriously ill. Vaccines help teach the immune system how to defend against germs. Vaccination protects your baby by helping build up their natural defenses.

Children are exposed to thousands of germs every day.

Vaccines protect against diseases

Different vaccines work in different ways, but every vaccine helps the body's immune system learn how to fight germs. It typically takes a few weeks for protection to develop after vaccination, and that protection can last a lifetime. A few vaccines, such as those for tetanus or seasonal flu, require occasional booster doses to maintain the body's defenses.

This happens through the food they eat, the air they breathe, and the things they put in their mouth. Babies are born with immune systems that can fight most germs, but some germs cause serious or even deadly diseases a baby can't handle. For those, babies need the help of vaccines.



Antigens

Vaccines use very small amounts of antigens to help your child's immune system recognize and learn to fight serious diseases. Antigens are the parts of a germ that cause the body's immune system to go to work.

Vaccine ingredients

Today's vaccines use only the ingredients they need to be as safe and effective as possible.

Vaccines are safe

Before a new vaccine is ever given to people, extensive lab testing is done. Once testing in people begins, it can still take years before clinical studies are complete and the vaccine is licensed. After a vaccine is licensed, the Food and Drug Administration (FDA), CDC, National Institutes of Health (NIH), and other federal agencies continue routine monitoring and investigate any potential safety concerns. CDC and the FDA take great care to make sure that a vaccine is safe both before it is licensed and after the public begins using it. Making sure that all vaccines are safe is a top priority for CDC.

Mild side effects are expected

Vaccines, like medicine, can have some side effects. But most people who get vaccinated have only mild side effects or none at all. The most common side effects include fever, tiredness, body aches, and redness, swelling, and tenderness where the shot was given. Mild reactions usually go away on their own within a few days. Serious, long-lasting side effects are extremely rare. We know they are rare because CDC tracks and investigates reports of serious side effects.

Why your child should get vaccinated

Vaccines can prevent common diseases that used to seriously harm or even kill infants, children, and adults. Without vaccines, your child is at risk of becoming seriously ill or even dying from childhood diseases such as measles and whooping cough.

Combination vaccines.

MEASLES: The United States had more than 1,200 cases of measles in 2019. This was the greatest number of cases reported in the U.S. since 1992 and since measles was declared eliminated in 2000.

- It is always better to prevent a disease than to treat one after it occurs.
- Vaccination is a safe, highly effective, and easy way to help keep your family healthy.
- The recommended vaccination schedule balances when a child is likely to be exposed to a disease and when a vaccine will be most effective.
- Vaccines are tested to ensure they can be given safely and effectively at the recommended ages.



Source: www.cdc.gov/vaccines/parents/why-vaccinate/vaccine-decision.html

Sports and Physical Activity

Did you know that **55.4%** of children and teenagers between the ages of 9 and 17 do not complete the recommended amount of physical activity set by the World Health Organization (WHO)? There are numerous benefits of physical activity for preschoolers.

In fact, the ALADINO study coordinated by the Spanish Agency for Food Safety and Nutrition (AECOSAN) confirms that 4 out of 10 children from 6 to 9 years old are overweight and **64%** of children dedicate more hours of their day to sedentary activities (television, computer, or cell phone).

A “healthy lifestyle” does not just mean a balanced diet. The importance of regular physical activity, sleep routines, and working on mental health are all vital.

There are benefits of physical activity youth, as well as benefits of exercise for teenagers. Aside from cardiovascular health and healthy weight, exercise for children helps strengthen their bones, joints, and muscles.

According to WHO, physical activity promotes the development of social skills among youth (self-confidence, social interaction, integration). It can also help with feelings of anxiety and depression.

Recommendations for daily physical activity and sports:

Kids 5 to 17 years old should participate in a minimum of 60 minutes daily of moderate to vigorous physical activity. Daily physical activity of more than 60 minutes leads to greater health benefits.

Minimum of 60 minutes of physical activity daily:

Children ages 5 to 17 years old should participate in about 60 minutes daily of moderate to vigorous physical activity. Physical activity improves health and reduces the risk of developing chronic illnesses, including obesity and diabetes.

Limit the use of screens (maximum of two hours a day):

Children and teens that spend a substantial amount of time watching television, playing video games, at the computer, or with their phone or tablet are physically less active.

WHO recommends a maximum of two hours of screen time a day. There are many fun physical activities for children to engage in outdoors, such as bike riding, going for a swim, and gardening.

Lead an active lifestyle every day:

Regular physical activity helps maintain a healthy body, improves the development of the muscular system, and benefits cardiovascular health. It is important not to confuse physical activity with sports:

All physical activities benefit one’s health!

Practice physical activity among family:

Not only is exercise for children’s growth and development important, but it’s an excellent way to form a strong family bond and strengthen the connections between children and their families.



Source: www.gasolfoundation.org/physical-activity-and-sports

One Membership. Thousands of Ways to Stay Active and Save Money.

Save \$28 With Code: **SUMMERSTRONG¹**

-  **12,200+ Gyms**
-  **9,700+ On-Demand Videos**
-  **Enroll Your Spouse²**

No annual fees or long-term contracts.
Switch gyms anytime.



Plus: 5,800+ Premium Gym Options at exercise studios, outdoor experiences, and others with **20% – 70% discounts** at most locations³

Get Started: Log in to your Member Portal at AvMed.org/Login and click Health and Wellness

¹ \$28 enrollment fee waived for standard gyms only 7/1/23 12:01 a.m. - 9/30/23 11:59 p.m. PT. Monthly fees are subject to applicable taxes.

² Add a spouse/domestic partner to a primary membership for additional monthly fees. Spouses/domestic partners must be 18 years or older. Fees may vary based on fitness center selection.

³ Costs for premium exercise studios exceed \$28/mo. and an enrollment fee will apply for each premium location selected, plus applicable taxes. Fees vary based on premium fitness studios selected.

M966-249N 5/23 © 2023 American Specialty Health Incorporated (ASH). All rights reserved. The Active&Fit Direct™ program is provided by American Specialty Health Fitness, Inc., a subsidiary of ASH. Active&Fit Direct and the Active&Fit Direct logos are trademarks of ASH. Other names or logos may be trademarks of their respective owners. Standard gym and premium studio participation varies by location and is subject to change. On-demand workout videos are subject to change. ASH reserves the right to modify any aspect of the Program (including, without limitation, the Enrollment Fee(s), the Monthly Fee(s), any future Annual Maintenance Fees, and/or the Introductory Period) at any time per the terms and conditions. If we modify a fee or make a material change to the Program, we will provide you with no less than 30 days' notice prior to the effective date of the change. We may discontinue the Program at any time upon advance written notice.