



# 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 65-74	Age 75+
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	For ages 60+ with risk factors or anyone seeking protection		
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)	During pregnancy 32-36 weeks	For ages 60+		
Mpox*				

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



Check your vaccine status and print an official immunization record at [VaxViewNM.org](http://VaxViewNM.org)

## 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 & all new vaccines.



Additional vaccines may be recommended that are not covered by health insurance. Go to [www.cdc.gov/travelrequirements](http://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](http://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](http://immunization.doh.nm.gov) or call your doctor or pharmacist

Phone: 505-272-3032  
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