



Over 50? Protect Yourself From Shingles With a New, More Effective Vaccine

Did you know approximately 1 in 3 individuals will get shingles? If you've had chickenpox, the virus that causes shingles is already inside your body, putting you at risk.

SHINGRIX is the Centers for Disease Control and Prevention's preferred shingles vaccine for healthy adults 50 years and older. It's given in a series of two injections, two to six months apart.

Studies show that people who get both doses of SHINGRIX have a 90 percent chance of avoiding shingles.

What are shingles?

Herpes Zoster, or shingles, is caused by a reactivation of the HZ virus. It's the same virus that causes varicella, also known as chickenpox. Shingles is a painful rash illness. It can sometimes lead to long-term nerve pain.

Who should get vaccinated?

Any individual who's had chickenpox or received the chickenpox vaccine can develop shingles. Your immune system declines as you age. Individuals 50 years and older are encouraged to get the two-dose vaccination, even if they have already had shingles.

Does HAP cover the vaccine?

Yes. Vaccination against shingles is one of the most effective ways to prevent shingles or reduce the ill effects. Your HAP health plan covers the cost of SHINGRIX. Check with your doctor's office or major retail pharmacies for availability.

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