

My Choices for a Healthier Me™

Childhood Immunizations

Be Wise - Immunize

Getting your child's shots is a very important thing to do to protect your child's health. Be Wise...Immunize helps kids get a better shot at staying well.

We care about your child's health. Our program informs and reminds you to have your child or teen get shots. Children need to complete basic shots by 18 months. Starting their shots on time and getting all the needed shots may help protect your child from certain diseases.

Many shots should be given by 18 months. But there are some shots that children need up to 21 years old. View the schedules on the right for recommended shots. This schedule is from the Advisory Committee on Immunization Practices, the Academy of Family Physicians, and the American Academy of Pediatrics.

Keep a current record in one place

You should find a "home" for your child's updated immunization records. A good place is your child's primary doctor's office. If your child has received shots from other doctors you should get a record of those shots. Take the record to your child's primary doctor, so a current record can be kept. Keep another record of your child's shots in a safe place at home, too. You may receive reminders in the mail or phone calls from UnitedHealthcare about the importance of shots.

The Immunizations:

The following are the shots (adopted from the American Academy of Family Physicians) that your child needs and what each protects against:

- **Hepatitis B** - Protects against Hepatitis B virus, which causes liver disease.
- **RotaVirus** - protects against Rotavirus, a viral infection of the digestive tract.
- **DTaP** - Protects against diphtheria, tetanus (lockjaw), and pertussis (whooping cough), all of which can have serious complications.
- **Polio** - Protects against polio, which can leave people paralyzed and disabled.
- **Hib** - Provides protection against Haemophilus influenzae type B, which can cause meningitis and pneumonia.
- **MMR** - Is actually three vaccines in one. It protects against measles, mumps, and rubella.
 - **Measles** - This virus spreads very easily and causes rash, fever, cough, and watery eyes. More serious cases can lead to pneumonia, brain damage, seizures, and death.
 - **Mumps** - Can cause swollen neck glands, fever, and headache. In some cases, mumps can cause hearing loss forever.
 - **Rubella** - Can be mild in childhood, but can cause serious birth defects. Can cause pregnancy problems in adults. It is highly contagious, and proper shots are very important to prevent these serious problems.
- **Varicella (VZV)** - Known as chicken pox, it is a virus that causes a rash, itching, fatigue, and fever. It can lead to more serious problems in very young children, adults, or people with damaged immune systems.
- **Pneumococcal (PCV)** - Protects against the leading cause of meningitis in children under 2.
- **Pneumococcal Polysaccharide (PPSV)** - Protects against pneumonia. Suggested for "at risk" children. Discuss with your doctor.
- **Influenza** - Protects against the flu; strains vary yearly.
- **Tdap** - Protects against tetanus, diphtheria, and pertussis.
- **MPSV and MCV** – protects against invasive meningococcal disease.
- **HPV** – protects against the human Papillomavirus.

Please call the customer service number on the back of your ID Card if you have questions about childhood immunizations.