Vaccines To Consider When Traveling

When traveling to foreign countries, it is important to be aware of any special vaccination needs, so that you don’t pick up an unexpected souvenir in the way of illness. Below are some current vaccine recommendations from the Centers for Disease Control (CDC) and the World Health Organization (WHO) that should be kept up-to-date, especially if traveling abroad.

Vaccines generally recommended for all

- Influenza Vaccine: Particularly important for any travel.
- Tetanus Vaccine (Tdap): Prevents lockjaw, diphtheria and whooping cough. Primary series (usually given in childhood) and booster every 10 years.
- Polio Vaccine: Outbreaks occur periodically. As of early 2019, some cases were reported in Afghanistan, Pakistan and Niger. No risk of polio with this shot.

Vaccines recommended for all adults age 65+:

- Pneumococcal (Pneumonia) Vaccine: There are two vaccines available for this disease.
  1. PCV13 - helps protect people from 13 of the most severe types of bacteria that cause pneumonia.
  2. PPSV23 - protects against an additional 23 types of pneumonia bacteria. Neither can prevent every type of pneumonia, but they work against more than 30 common, severe types.

*It is recommended that you first receive the PCV13 shot and

Vaccines commonly recommended for adults, unless they had the diseases already:

- Measles-Mumps-Rubella Vaccine: Two doses are best. Usually not needed if born before 1957.

(Continued on next page.)
Travel Vaccines Continued...

Vaccines now commonly given in childhood and youth:
Consider these if traveling to high risk areas and have not received these vaccines before.

- Hepatitis A Vaccine: Strongly recommended for almost all travelers to underdeveloped areas. Initial shot and booster in 6 to 12 months probably gives lifelong immunity.
- Hepatitis B Vaccine: Strongly recommended for medical activities, staying abroad for over 6 months, for intimate exposures such as exposure to bodily fluids, sexual contact, etc.
- Meningococcal Vaccine: Recommended for travel to sub-Saharan Africa, New Delhi, Nepal and Saudi Arabia. One (Menomune/Menactra) shot is good for three years.

Vaccines to consider if traveling to high risk areas:

- Typhoid Vaccine: Prevents typhoid fever, a worldwide food or water-born bacterial infection of the digestive tract. Consult your physician for recommendations.
- Yellow Fever Vaccine: This is a live virus. One injection gives immunity from this mosquito-carried disease for 10 years. Recommended for travel to sub-Saharan Africa and northern South America. Avoid if egg allergic.
- Japanese Encephalitis Vaccine: This disease is carried by mosquitoes and pigs. Recommended for rural travel/stays of more than 30 days in China, Korea and Southeast Asia.
- Rabies Vaccine: Consider this for travel to rural areas of Africa, Asia and South America where it is common for village huts to have a protective dog.

Vaccinations no longer recommended:

- Cholera Vaccine: This vaccine has been determined to not be very effective and is no longer recommended by CDC/WHO. The series is 2 shots with 6-month boosters.

For additional information including current outbreaks, see the following websites:

- CDC Travelers’ Health Information - [www.cdc.gov/travel](http://www.cdc.gov/travel)
- World Health Organization - [www.who.int/ith/en](http://www.who.int/ith/en)
- International Society of Travel Medicine – [www.istm.org](http://www.istm.org)
- Pan American Health Organization - [www.paho.org](http://www.paho.org)
- Malaria Foundation International - [www.malaria.org](http://www.malaria.org)

Prescription Override For Vacation Supply

Don’t plan your trip around your medication supply. If you are going on a trip for more than 30 days, consider requesting a vacation override by calling Envision Pharmacy at 1.844.860.6750, available 24 hours a day, 7 days a week. This way you won’t take time away from sight-seeing to search for a pharmacy at your destination. Not to mention, medications that are purchased outside of the United States are not reimbursable.

Traveling members can also receive medications in the mail. Envision Pharmacies Mail Order Services can save more time and be more convenient than using a retail pharmacy for your regular maintenance medications. For more information, call Envision Pharmacies Mail Order Services at 1.866.909.5170 to see how easy free home delivery service can be!
The 2019 Spring Health Fair was certainly one for the books! Taking place at NOAH’S Event Venue in Katy, TX, this year’s Spring health fair provided over 200 registered members with the opportunity to take a first-hand look into the benefits, resources, and related services being offered through the Memorial Hermann Advantage HMO plan.

Thank you to all members who joined us for this fun-filled, interactive day of Health education and awareness. We would also like to express our sincerest gratitude to all exhibitors who attended, as well as the MHHP staff. This event would not have been as successful without each and every contributing participant.

We hope our members found this event to be a valuable and beneficial experience, and we look forward to our next event in the Fall.

“"I love my Memorial Hermann Health Plan. I had a great time today at the health fair and got a lot of good information. I recommend Memorial Hermann to all of my friends and family."
- MHHP Member

“The health fair was truly awesome. So much helpful and very useful information was provided. The coffee and food (goodies) was a most welcomed treat! Thank you all so very much.”
- MHHP Member

Our goal for these health fairs is to show our strong commitment to building a healthy Memorial Hermann Advantage community. We believe all members deserve to know their health plan, inside and out. Memorial Hermann Health Plan strives to collaborate and engage with our members in order to develop a truly one-of-a-kind health care experience.

Congratulations to Our Grand Prize Raffle Winners!

- Robotic Vacuum Cleaner - Elena Skinner Lee
- 10 Piece Cookware Set - Richard N. Ruiz
- $100 Gift Card - Jimmy De Los Santos
- Portable Mini Printer - Georgia Winward
- Espresso Machine - Robert Green

BY THE NUMBERS:

| 200+ Registered Attendees | 69 Health Screenings Completed |
| 22 Eye Exams Completed | 28 Exhibitor Booths |

1 HUGE SUCCESS!
Fun In The Sun Safety

Summer is under way! For most of us that means spending lots of time outdoors, but with that come a number of safety concerns to keep in mind. The sun’s ultraviolet (UV) rays can cause sunburn, wrinkles, skin damage and in some cases, skin cancer. It can take as little as 15 minutes of sun exposure to cause a significant amount of damage to your skin.

Here are a few tips to help protect your face and body while enjoying your summer days:

**Use sunscreen every day, even if it’s cloudy.**
This will protect you against the sun’s harmful rays. When outdoors for extended periods of time, reapply every two hours with a broad spectrum sunscreen with SPF 30 or higher.

**Wear sunglasses with UVA and UVB protection.**
UVA and UVB are skin damaging rays that contribute to skin cancer. The appropriate eye wear will help shield your eyes from developing potential cataracts and guard against damage to the sensitive skin surrounding your eyes.

**Apply a lip balm of at least SPF 30.**
Your lips are one of the more sensitive areas on your body. They tend to become dryer quicker during the summer, due to the heat’s intensity. Wear lip balm every day to keep your lips from chapping and to stay protected.

**Be more cautious if taking medications.**
Did you know some medications can cause your skin to be increasingly sensitive to the sun? Make sure to check with your doctor or pharmacist regarding your current medications and their potential side effects.

**Perform regular skin checks on your face and body.**
Monthly self-examinations can alert you to changes in your skin and aid in early detection of skin cancer. A doctor can do a full-body exam first, to assure you that any existing spots, freckles, or moles are normal. To schedule a dermatologist appointment or to find a dermatologist near you, please call our Customer Service team at 855.645.8448. Their hours of operation are 8 a.m. to 8 p.m. CST, Monday – Friday.

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Upcoming Events & Health Awareness Months

**UV Safety**
MHHP Lunch & Learns

**Immunization**
MHHP Lunch & Learns

**Ovarian & Prostate Cancer**
Fall Health Fair

**Breast Cancer**
Annual Enrollment Period (AEP) Begins

**Diabetes**
Annual Notice of Change (ANOC) Meetings

**JULY**
MHHP Lunch & Learns

**AUG.**
MHHP Lunch & Learns

**SEPT.**

**OCT.**

**NOV.**

**DEC.**
Annual Enrollment Period Ends
Travel Healthy. Travel Smart.

Summer is the season for traveling; the days are longer, the sun is brighter and the weather’s warmer. It’s the perfect time to take a quick weekend trip or that much needed vacation. As you plan for your summer adventures, keep in mind these useful tips and resources to help you avoid any potential health-related issues during your travels:

**Keep your Medications On-hand.**
Whether by car, plane or cruise ship, be sure to store your medications in an easily accessible place like a purse or carry-on bag. Avoid storing essential medications in checked luggage, in the event bags are lost or an inflight emergency should occur.

**Refill your Prescriptions.**
Be sure to get a full refill of your prescriptions before you leave to avoid the risk of running out during your travels. (Refer to our “Vacation Override for Travel Supply” article for more details.)

**Be Extra Conscious of Germs.**
Airports are notorious for being germ-infested places, so try to avoid touching the most common public areas such as handrails, door handles and countertops. To reduce your exposure to germs, be sure to thoroughly wash your hands often and have hand sanitizer accessible, at all times.

**Get Vaccinated.**
Before traveling abroad, talk to your primary care physician. Let him/her know where you’ll be visiting and ask about the appropriate vaccinations to get before your trip outside of the United States.

**Bring your Insurance ID Card.**
When traveling, it’s easy to forget to pack important documents or later misplace them during your trip. You can always visit Everyday Well at memorialhermann.org/everydaywell/ to access your health information and insurance card. If you need a replacement, you can print out a temporary ID card within minutes.

**Know your Care Options.**
Become familiar with your access to care. For minor illnesses, utilize virtual tools such as Teladoc and Nurse Health Line to get you feeling better during your trip. Should you experience a life-threatening situation while traveling within the U.S. and choose to visit an emergency room, remember to present your insurance card upon arrival.

**Refer to your Evidence of Coverage (EOC).**
Whether traveling in town, across the U.S. or abroad, it is important to understand your health care coverage guidelines. A review of your Evidence of Coverage (EOC) document can provide you with detailed information on co-payments and claim reimbursement processes to know, before you go. If you have any questions about your travel coverage, please contact our Customer Service team at 855.645.8448. Their hours of operation are 8 a.m. to 8 p.m. CST, Monday – Friday.

On behalf of Memorial Hermann Health Plan, we wish everyone safe and healthy travels this summer!
Memorial Hermann Advantage HMO is provided by Memorial Hermann Health Plan, Inc., a Medicare Advantage organization with a Medicare contract. Enrollment in this plan depends on contract renewal.

Memorial Hermann Advantage complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 855.645.8448 (TTY711).