

For your health

Childhood and Adolescent Immunizations

Tips to help you keep track of your child's shots

Keep track of all shots your child receives — which shots were given, who gave them and when they were given.

Make sure your child's doctor has a complete list of all the shots your child has received. It is especially important that if you change doctors, you make sure that the new doctor has a complete and up-to-date list.

During each visit, ask your child's doctor if any booster shots are needed, or if any new shots should be given.

Tell the doctor if your child has allergies or if there are any medicines your child cannot take.

Vaccines protect children against serious diseases. Your child should get all the shots that his or her doctor recommends.

Talk to your doctor if you have questions.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies. The Aetna companies that offer, underwrite or administer benefits coverage include: Aetna Health Inc., Aetna Health of California Inc., Aetna Health of the Carolinas Inc., Aetna Health of Illinois Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna).

Additional information is available on Aetna's consumer health information website, www.intelihealth.com.

This information is for informational purposes only, is not medical advice and is not intended to be a substitute for proper medical care provided by a physician. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to www.aetna.com.

Important health reminder

Ask your doctor to report the shots your child receives to your state or local immunization registry. This confidential registry can help to keep track of your child's shots. Here are some of the ways that the registry can be helpful:

- All records about your child's immunizations are kept in one place.
- It provides an official record of your child's immunizations for new doctors, day care, school or summer camp.
- It can help make sure that immunizations are not duplicated.

You can link to current immunization schedules and create a personalized immunization schedule based on your child's birth date by visiting the website for Centers for Diseases Control (CDC) at the following links:

- [Childhood Immunization Schedule Based on Your Child's Birth Date](#)
- [Printable Childhood Immunization Schedule](#)

At Aetna, we believe there is nothing more important than your health. That's why we're pleased to bring you information to help you take an active role in the management of your health.



Visit Aetna Navigator® online at www.aetna.com

Aetna Navigator is an online member self-service website available 24 hours a day, 7 days a week. Use it to perform common transactions involving your Aetna medical, dental, prescription drug or flexible spending account (FSA) plans. You can send an online message to Aetna Member Services, access claims, coverage, and general health information as well as decision-support tools. Log on to Aetna Navigator at www.aetna.com.

We want you to know®



www.aetna.com

©2008 Aetna Inc.