

# Protect yourself and your family: Stay up to date on vaccines!



Getting vaccinated is one of the best things you can do to keep yourself and your family safe from serious illnesses. These tips can help you stay organized and current on important vaccines.

## Key steps to take



### Get guidance from reliable sources

- Visit the [CDC vaccine schedules](#) for the most up-to-date information and recommended timelines for infants, children, teens, adults, and older adults
- Ask your doctor which vaccines you or your child may need based on health history
- Also ask your doctor about getting catch-up vaccines if you've missed any



### Set reminders

- Use your phone or calendar to set reminders for scheduling or attending appointments for upcoming vaccines
- Set reminders for follow-up doses if needed (some vaccines are multi-dose series)
- Set yearly reminders to schedule seasonal vaccines like the flu shot



### Be flexible with scheduling

- If you want to get your vaccines from your doctor, schedule them in advance so you have more appointment times to choose from
- Consider your local pharmacy or urgent care as many offer vaccinations on evenings and weekends



### Plan ahead for travel

- Some international destinations require or recommend specific vaccines
- Check the [CDC travel page](#) and talk to your doctor well in advance about what's needed
- Schedule travel vaccines early—some need multiple doses or time to build protection

**Health Advocate is here to support you on your health and well-being journey.**

Reach out to us today for guidance and resources.



Scan me to download our  
mobile app and log on today!

First-time users will need a registration code.

Call • Email • Message • Live Chat



We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider. ©2025 Health Advocate HA-M-2405010-3.12FLY