



The shingles vaccine is tested and monitored for safety by the Food and Drug Administration.

Side effects are usually mild and temporary and may include soreness, redness or swelling near injection. Severe side effects are rare. \*

### For more information

TCN members call Customer Service at 1-877-832-2829.

Medicare Advantage members call Customer Service at 1-888-322-5616. TTY users call 711.

# A shingles vaccine is not a rash decision

## Avoid the pain of shingles, get a vaccine.



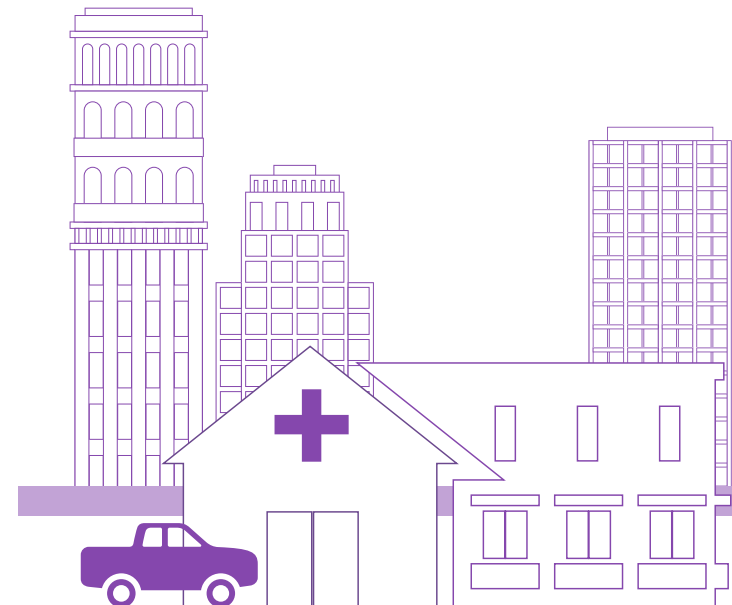
**Blue Cross  
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of Michigan

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\*Source: [cdc.gov](https://www.cdc.gov)\*\*

\*\*Blue Cross Blue Shield of Michigan doesn't control this website or endorse its general content.



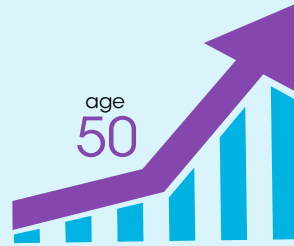
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## What you should know

Shingles is a painful skin rash that results in serious pain that could continue long after the actual rash clears up, and could lead to blindness, hearing problems, brain inflammation, and even death in extreme cases.



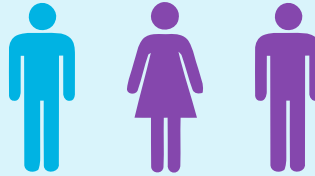
Shingles is caused by the same virus as the chickenpox. Since 99% of adults have had chickenpox, virtually all adults are at risk.



The chance of getting shingles increases sharply after the age of 50.



Each year in the U.S., one million people get shingles.\*



One out of every three people older than 60 will get shingles.\*

## Vaccines make a difference

The shingles vaccine can lower your chances of contracting the disease. The CDC suggests a single dose of the vaccine for people aged 60 and older. **One shot gives you lifetime protection.**

Remember, shingles shots are not subject to deductibles or coinsurance.



*It is important to note that not all physicians' offices carry the shingles shot. You will want to confirm in advance that the vaccine will be available.*

\*Source: [cdc.gov](https://www.cdc.gov).\*\*

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Why suffer from shingles? Vaccinate.

