



## Back-to-school a good reminder of vaccines

There's been much discussion the past two years about the need and safety of vaccinating children against the COVID-19 virus. There are other vaccines that play an important role in protecting children and those around them from the spread of serious illness.

Read through any writings about medical history, and you will find there have been many diseases that made a lot of children very sick. Those diseases aren't as common as they used to be, thanks to vaccines. But most are still around – and potentially a risk.

That's one of the best reasons to make sure our children get their recommended vaccinations on time.

### Safe immunity

Immunizations help kids safely build immunity to the diseases that the vaccines help prevent. One example is measles, a very contagious illness that can cause serious complications and even death.

Measles was eliminated in the U.S. in 2000. But since that time, new outbreaks have occurred among people who were not vaccinated.

Vaccines can also help prevent diseases such as whooping cough, chickenpox and meningitis.

Protecting our children is important. But there's another reason kids need their vaccines: It helps protect other members of your family and your community through herd immunity.

### Back-to-school time

Back-to-school checkups are a good time to make sure children are up to date with their immunizations.

So which vaccines might a youngster or teen need? That depends on things like the child's age and vaccine history.

To see what's recommended, check out the Centers for Disease Control and Prevention's schedule of children's vaccinations: [cdc.gov/vaccines/schedules](https://www.cdc.gov/vaccines/schedules).

Parents should talk to their child's doctor if they have questions about vaccines.

Here are links to resources we've selected to help you spread the word about immunizations.

We've chosen [vaccine information](#) from the CDC and articles on [vaccine safety](#), [fever and vaccines](#), [how immunizations work](#) and [vaccines for people with diabetes](#).

Plus, we've picked healthy recipes for [Chicken Picadillo](#), [Pork Chops in Warm Cherry Sauce](#), [Corn and Black Bean Burritos](#), [Farmers Market Gazpacho](#) and [Fruit Kabobs with Yogurt Dip](#).

Consider sharing these links with your employees as part of your health promotion activities this month.

## Vaccine awareness resources

This month's suggested health promotional campaign in our 2022 Wellness CARE Communication Guide is designed to encourage all members to get a flu vaccination and other recommended immunizations.

[Click here](#) to download the "No flu for me this year" poster to print and display in your workplace, [click here](#) for a seasonal flu shot campaign flyer, or [click here](#) for an article on how vaccines can defend us against disease.

Want related information to print and hand out to members or attach to an email? [Click here](#) for an adult screening and immunization schedule, [click here](#) for information about the shingles vaccine, or [click here](#) for tips on avoiding respiratory infections.



## Tobacco cessation resources

This month's suggested health promotional campaign in our 2022 Ongoing Condition CARE Communication Guide is designed to support members in quitting tobacco and nicotine to reduce their long-term health risks.

[Click here](#) to download the "A new spin on nicotine addiction" poster to print and display in your workplace, or [click here](#) for a tobacco cessation resource guide.

Want related information to print and hand out to members or attach to an email? [Click here](#) for an article on common nicotine triggers, [click here](#) for fast facts about electronic cigarettes, or [click here](#) for a flyer on nicotine use beyond cigarettes and dip.



## Help engage members with ongoing conditions

Members eligible to participate in UMR's Ongoing Condition CARE program can complete a health condition survey to begin the enrollment process.

We've provided a link to the survey below, along with language inviting members to sign up. Consider copying and pasting this message into an email to your employees to boost engagement in the program:

Looking for help to better manage your health? UMR offers expert resources and personal support to help people with certain ongoing health conditions. You may be eligible to meet with a UMR CARE nurse if you have one or more of these conditions.

[Click here](#) to answer a few questions about yourself and help us determine if this program is right for you.

