

# Protect your health Protect your loved ones

Make sure you are up to date on your **vaccinations** so you can stay safe, healthy, and keep doing what you love!



As you get older, your immune system naturally declines. Older adults are also more likely to have chronic health conditions, like diabetes and heart disease, putting you at greater risk for health problems from vaccine-preventable diseases like:

- Worsening of your condition
- Having to go to the hospital
- Losing your independence
- Death

Even without an underlying chronic condition, it's important to protect yourself from vaccine-preventable diseases such as shingles, pneumonia, and flu. A simple shot is all it takes to protect you and your loved ones.

*Talk to your doctor today about which vaccines are recommended for you based on your age and risk conditions.*