

Each month in this newsletter we highlight one of the topics covered in our Well-being Your Way tools and resources to help you power your well-being program. Our theme for the month of August is **Immunization Awareness**. We would like to share some of the main topics of our new toolkit, Vaccines, that highlight this month's theme.

Our new Vaccines toolkit can be found under the Physical Well-being category of the Well-being Your Way Portal.

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Our Top Topics of the Month



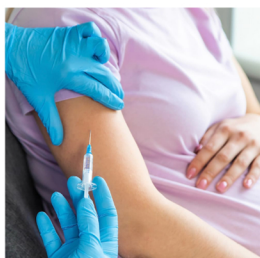
Adult Vaccines

An overview of vaccines recommended for you based on your age, health condition, job, lifestyle, or travel habits is provided in the new toolkit. The toolkit contains several materials providing information addressing the importance of staying up to date with vaccines, with the Centers for Disease Control and Prevention's 2023 Adult Vaccine Schedule for reference.



Child Vaccines

The new Vaccines toolkit aims to offer information on recommended vaccines for children, preteens, and teens. The toolkit materials include a range of resources for information on addressing several different vaccines, as well as vaccine schedules from the Centers for Disease Control and Prevention for children 0-6 years old and children, preteens, and teens up to 18 years old.



Pregnancy and Vaccines

Information regarding what vaccines to expect when you're expecting is available in the Vaccines toolkit. The toolkit intends to address questions that may come up when getting vaccines not only to protect yourself, but also to protect your baby.