August is National Immunization Awareness Month.

Immunization, which guards our bodies against diseases, is responsible for eliminating the polio virus in the United States. It has also greatly reduced the number of cases of other diseases.

You can protect yourself, your family and friends from life-threatening infections if you stay up to date on the recommended vaccines. Schedule an appointment with your doctor to find out what vaccinations are available to you and your family.

Remember, preventive care can help keep you healthy. As your health insurer, Aetna is committed to providing resources that promote wellness. You can always learn more by visiting us online at [www.aetna.com](http://www.aetna.com). And make sure you’re registered with Aetna Navigator, which can help you look up a claim, find doctors and more.

To learn more about immunization, visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)