

Before Your Vaccine Visit:

A Checklist for Adults with Arthritis

Vaccines help prevent serious infections. Arthritis and some arthritis medicines may affect which vaccines you can receive and when.

Use this checklist to prepare for your visit to be vaccinated. Do not stop or change any arthritis medicine unless the healthcare provider who prescribed it tells you to.

Before the Visit

- ☐ Check which vaccines may be due.
 - Review the Centers for Disease Control and Prevention's (CDC's) adult vaccine schedule (cdc.gov/vaccines/imz-schedules/adult-easyread.html) as a general guide.
 - People with arthritis may have different vaccination recommendations than the general population. Ask your rheumatology care team which vaccines are recommended for you. (Learn more from the American College of Rheumatology, rheumatology.org.)
- ☐ Check your insurance coverage. Ask your insurance plan whether the vaccine and the clinic or pharmacy are covered and in-network.
- ☐ Tell your care team if any of these apply to you:
 - You are pregnant or plan to become pregnant
 - You have other health conditions
 - You plan to travel
 - You are starting or changing an arthritis medicine or treatment
 - Your work, school or activity that requires vaccination
- ☐ Call the clinic or pharmacy before you go. Ask:
 - Do you have the vaccine available?
 - Are you in my health plan's network?
 - Do I need a prescription or provider order?

What to Bring

- ☐ Your vaccine record
- ☐ Insurance card
- ☐ This checklist and your questions
- ☐ Current list of all medicines, vitamins and supplements
 - Include prescription and over-the-counter medicines, supplements, vitamins, etc. and all arthritis treatments, especially medicines that affect the immune system.



Questions to Ask Your Care Team

- ☐ Which vaccines are recommended for me? Am I overdue for any?
- ☐ Is this a live or non-live vaccine?
- ☐ Does my arthritis or my other health condition(s) affect whether or when I should get this vaccine?
- ☐ Can I safely get this vaccine while taking my current arthritis medicine?
- ☐ Should the timing of the vaccine or any of my medicines change?
- ☐ Do I need any extra doses because of my health condition(s) or medicines?
- ☐ Are there vaccines I should avoid right now?
- ☐ When should I get my next vaccine or dose?

Before You Leave Your Appointment

- ☐ Ask for an updated vaccine record.
- ☐ Write down the date of the next dose, if needed.
- ☐ Ask what reactions or side effects to expect and when to call the care team.
- ☐ If your care team recommended changing the timing of your arthritis medications, confirm when to take your next dose.

If Insurance Does Not Cover the Vaccine

- ☐ Confirm the provider or pharmacy is in network.
- ☐ Ask for the reason in writing.
- ☐ Ask whether the denial is for:
 - The vaccine
 - The fee to give the vaccine
- ☐ • The facility where you received it
- ☐ Ask whether another in-network provider can give you the vaccine instead.
- ☐ Ask the healthcare provider to document why the vaccine is recommended for you, if needed.
- ☐ Ask your health plan how to file an appeal.

