

August

# National Immunization Awareness Month

## Monthly well-being tip

This month, as many children go back to school in September, it's a great reminder to make sure you are up to date on your vaccines. Vaccines help protect people from infectious diseases and even some cancers!\*

Your provider can help you understand which vaccines are recommended for you and your family. Recommendations for vaccines are based on age, healthy history, travel and certain risk factors.\*

## Well-being fun fact

Did you know that the science behind immunology can be traced back to the 15th century?\*

Immunity to a disease means you are protected from infection. You may become immune to a disease after exposure to that disease or after receiving a vaccine for that disease. Vaccines are a safe and effective way to help protect yourself and others from infectious diseases like polio and measles.\*

Vaccines can also help prevent certain types of cancers caused by viral infections like the human papilloma virus (HPV).\*

## What you should know

- In the U.S., all vaccines are tested for safety and effectiveness before they are approved for use by the U.S. Food and Drug Administration (FDA).\*
- There are different types of vaccines. Some are single dose, some require multiple doses to achieve immunity, and some (like the flu vaccine) are recommended every year. Other vaccines may require an occasional booster.\*
- Vaccines can cause side effects, but many people experience mild side effects or no side effects at all.\*
- Immunity does not happen immediately. It can take a few weeks after vaccination to be protected against disease.\*

## WELLNESS OBSERVANCES\*

- National Immunization Awareness Month
- National Breastfeeding Month
- Children's Eye Health and Safety Month
- National Health Center Week
- National Grief Awareness Month

## IN-SEASON PRODUCE\*

- Bell peppers - support immunity
- Eggplant - source of antioxidants
- Summer squash - supports digestion
- Blackberries - source of antioxidants
- Figs - support digestion
- Honeydew melon - supports hydration

\*FOR CANCER PREVENTION SOURCE: Memorial Sloan Kettering Cancer Center. [Cancer vaccines: The types, how they work and which cancers they treat](#). Accessed May 1, 2026.

\*FOR VACCINE REDCOMMENDATIONS SOURCE: U.S. Department of Health and Human Services. [Immunization: who and when](#). April 23, 2026. Accessed May 1, 2026.

\*FOR IMMUNOLOGY HISTORY SOURCE: World Health Organization. [A brief history of vaccination](#). Accessed May 1, 2026.

\*FOR VACCINE EFFECTIVENESS SOURCE: World Health Organization. [Vaccine efficacy, effectiveness and protection](#). March 10, 2025. Accessed May 1, 2026.

\*FOR IMMUNITY DEFINITION SOURCE: Centers for Disease Control and Prevention. [Explaining how vaccines work](#). August 10, 2024. Accessed May 1, 2026.

\*FOR VACCINE SIDE EFFECTS SOURCE: Centers for Disease Control and Prevention. [Reasons to vaccinate](#). August 9, 2024. Accessed May 1, 2026.

\*FOR HUMAN PAPILLOMAVIRUS SOURCE: U.S. Department of Health and Human Services. [Immunization: HPV \(human papillomavirus\)](#). April 29, 2021. Accessed May 1, 2026.

\*FOR VACCINE SAFETY SOURCE: U.S. Department of Health and Human Services. [Immunization: vaccine safety](#). April 20, 2026. Accessed May 1, 2026.

\*FOR VACCINE TYPES SOURCE: U.S. Department of Health and Human Services. [Immunization: vaccine types](#). April 17, 2026. Accessed May 1, 2026.

\*FOR WELLNESS OBSERVANCES SOURCE: Society for Public Health Education. [National health observances](#). Accessed May 1, 2026.

\*FOR IN SEASON PRODUCE SOURCE: Bailey MM. [What's in season: August produce guide](#). Center for Science in Public Interest. August 1, 2024. Accessed May 1, 2026.



## Vitamin C packed strawberry banana orange smoothie\*

### Ingredients - 2 servings

- 1 cup frozen strawberries
- 1 ripe fresh or frozen banana
- 1 medium orange, peeled
- 3/4 - 1 cup almond milk, plus more to thin consistency if desired
- Optional: your favorite add-ins



### Instructions

1. Add all ingredients to a blender and blend on high until smooth.
2. Divide into 2 servings or serve 1 and refrigerate the rest for up to 24 hours.

Enjoy!

**Recipe notes:** Smoothies are a great way to boost your intake of protein, fiber and other nutrients. Consider adding any of the following:

- Spinach for extra vitamins and minerals
- Plain yogurt for added protein and calcium
- Chia seeds for extra fiber and omega-3s
- Hemp seeds - for added fiber, omega-3s and minerals
- Flax seeds/meal - for extra fiber, omega-3s and minerals

## Vaccines are preventive care at every age and for the entire family

Vaccines help provide protection from diseases that can cause illness in infants and adults alike. They are an important part of preventative care\* and have largely eliminated some infectious diseases in the U.S. The next best healthy step you can take today is to talk to your medical provider about which vaccines are recommended for you!

\*FOR RECIPE SOURCE: Ambitious Kitchen. [Vitamin C packed strawberry orange banana smoothie](#), February 12, 2025. Accessed May 10, 2026.

\*FOR VACCINES AS PREVENTIVE CARE SOURCE: Berg S. [What doctors wish patients knew about family immunizations](#). American Medical Association. December 19, 2025. Accessed May 1, 2026.

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