

# THE COVID-19 VACCINES

Your questions, answered.



Experts around the globe have been working tirelessly to develop safe and effective vaccines against COVID-19. And now, they're here. Learn what this can mean for you.

We know you may have questions about the new vaccines. To help, we've outlined some common ones that may be on your mind. Be sure to talk with your primary care provider (PCP) for the personal guidance you may need.

› **Are they safe?**

Cigna looks to the Food and Drug Administration (FDA) and the Centers for Disease Control (CDC) to assess matters of safety and efficacy. After rigorous testing, FDA experts have determined the vaccines to be safe and effective for adults.

› **How much will they cost?**

Cigna will cover FDA-authorized vaccines as a preventive service, so it will be available at no additional cost to you.\*

› **Where can I get a COVID-19 vaccine?**

Your PCP or local health department is your best source to help you find out where and when to get vaccinated.

› **I heard I may need two shots. Is that true?**

So far, most vaccines require a booster shot about a month after the first dose to be effective.\*\* Your doctor can help you understand which vaccine you'll get, and when and if you'll need a second dose.



**CONTINUE TO  
PROTECT YOURSELF  
AND OTHERS.**

It may take some time before the COVID-19 vaccines are available to everyone. We urge you to still wear a mask in public, practice social distancing and wash your hands often.

Together, all the way.®



## Distribution of vaccine\*\*\*

The current vaccines are authorized for people age 16 years and older, however, not everyone will be able to get the vaccine right away. With guidelines from the CDC, the vaccine will be rolling out in phases. Those most at risk will have priority.

PHASE 1	PHASE 2	PHASE 3
<ul style="list-style-type: none"><li>› Frontline health care workers, including anyone at risk of contracting COVID-19 while performing their job in a health care setting.</li><li>› Police, fire and emergency medical service workers.</li><li>› Residents and staff of skilled nursing and assisted living facilities.</li></ul>	<ul style="list-style-type: none"><li>› People with high-risk or underlying medical conditions such as cancer, chronic kidney disease, COPD, coronary artery disease, severe obesity, type 2 diabetes and others.</li><li>› People age 65 and older.</li><li>› Workers in essential and critical industries.</li></ul>	<ul style="list-style-type: none"><li>› The general public. Experts estimate this could happen by mid-2021.</li></ul>



### TALK TO YOUR DOCTOR TO LEARN MORE

Contact your health care provider or local health department to find out if you are able to get a COVID-19 vaccine, and where and when to get vaccinated.



For more information, visit our COVID-19 Resource Center at [Cigna.com/coronavirus](https://www.cigna.com/coronavirus).

And watch a video from Dr. Steve Miller, Chief Clinical Officer at Cigna, by visiting [Cigna.com/coronavirus/individuals-and-families](https://www.cigna.com/coronavirus/individuals-and-families).

\* For plans that cover preventive services at 100%.

\*\* There is currently one COVID-19 vaccine in development that requires only one dose. See CDC, "Frequently asked questions about COVID-19 vaccination." Last updated December 13, 2020. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>.

\*\*\* Every stage of the vaccine rollout is being guided by the federal government, but distribution is in the hands of each state.



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