

WebMD[®]

REAL STORIES

HEALTHY LIVING 50+

LIVING WELL

ACTOR REBECCA ROMIJN

gets real about her
staying power,
preventative care,
and parenting

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FALL 2026

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look like?



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Cover Image: Photography by Sarah Coulter/Paramount+; Makeup by Karan Mitchell; Hair by Paul Norton; Contents Image: Photography by Dave Benett/via Getty Images

THE LATEST ON HEALTHY LIVING 50+

HOW YOUR BODY AGES

Biological changes linked to aging do not happen gradually; instead, they speed up around the mid-40s and again by the age of 60, placing adults in their 50s between two major shifts. The study, which included U.S. adults from diverse backgrounds, found that markers related to immunity, metabolism, heart health, and kidney function showed stronger age-related changes during this stage. These findings suggest that as several body systems begin to change more noticeably during this period, staying attentive to overall health with routine checkups becomes especially important.

SOURCE: *Nature Aging*

50 Age after which adults face a higher risk for shingles and related complications.

SOURCE: CDC

\$860 BILLION

How much adults 50 and older spend on health care each year in the U.S.

SOURCE: CDC

ARE YOU AT RISK?

Shingles is a painful infection that can cause a blistering rash and, for some, months of nerve pain. A large study of more than 38 million adults in the U.S. found that shingles was most common in older adults, women, and those with weakened immune systems, showing how strongly age and health influence risk. Despite this, only about 9% of those age 50 or older had completed the recommended shingles vaccination, leaving most unprotected. These low vaccination numbers emphasize the importance of knowing your personal risk and talking to your health care provider about ways to stay protected.

SOURCE: *Open Forum Infectious Diseases*

HABITS THAT SUPPORT LONGEVITY

Most people reach midlife without realizing how strongly their everyday habits shape their future well-being. In a U.S. study of 5,448 adults, those who did not practice a healthy lifestyle such as not smoking, getting enough sleep, eating well, staying active, and minimizing extended periods of sitting were less likely to live longer over the years. The findings show that adults who followed more of these practices, particularly those between the ages of 45 to 59, benefited the most. Beginning these routines early and keeping them up can help you build a longer, healthier life ahead.

SOURCE: *Archives of Gerontology and Geriatrics*



This content was created using several editorial tools, including AI, as part of the process. Human editors reviewed this content before publication.

STATS & FACTS

Reviewed by Brunilda Nazario, MD,
WebMD Chief Physician Editor, Medical Affairs

39%

Amount of adults
ages 45 to 64 reporting
insufficient sleep
(less than seven hours
per night).



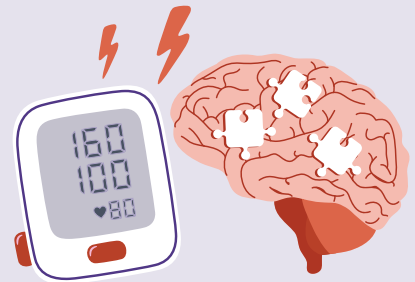
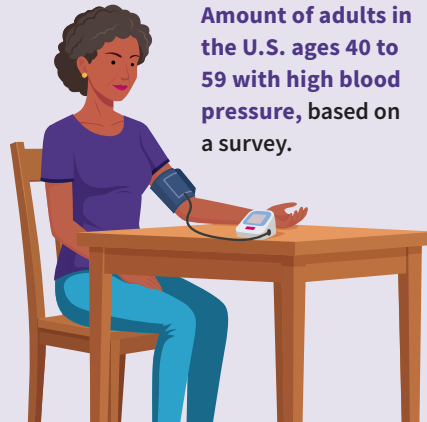
27%

Amount of reduced risk for
serious memory problems
(dementia) seen in adults
age 50 and older who
received at least two
doses of the shingles
vaccine, based
on a study.



Up to 53%

Amount of adults in
the U.S. ages 40 to
59 with high blood
pressure, based on
a survey.

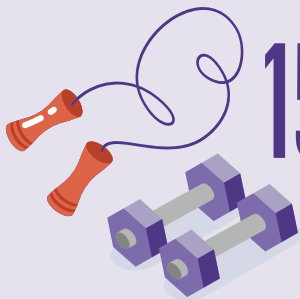


40 to 60

Age range when having high blood
pressure is linked to a higher risk
for cognitive decline later in life.

About 1 million

Number of people who get shingles each year in the U.S.

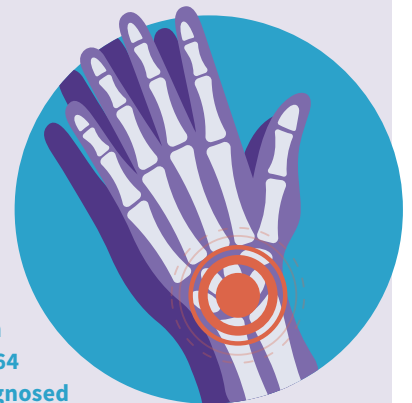


150 minutes

Recommended duration of
moderate-intensity exercises
for older adults each week.

29%

Amount of adults in
the U.S. ages 50 to 64
who have been diagnosed
with **arthritis**, a condition that
causes painful, stiff joints, based on a 2022 survey.



SOURCES: National Institute on Aging, National Foundation for Infectious Diseases, CDC, *Nature Medicine*, NCHS Data Brief

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75 COUNTRIES

INCLUDING OURS

THE STORY IS IN THE NUMBERS

SHINGRIX has been approved in 75 countries, including the U.S.

What Is SHINGRIX?

SHINGRIX is an FDA-approved vaccine for the prevention of shingles (herpes zoster) in adults 50 years and older.

SHINGRIX is not used to prevent chickenpox.

Important Safety Information

- You should not receive SHINGRIX if you are allergic to any of its ingredients or had an allergic reaction to a previous dose of SHINGRIX
- An increased risk of Guillain-Barré syndrome (severe muscle weakness) was observed after vaccination with SHINGRIX
- Fainting can happen after getting injectable vaccines, including SHINGRIX. Precautions should be taken to avoid falling and injury due to fainting

Important Safety Information (cont'd)

- The most common side effects are pain, redness, and swelling at the injection site, muscle pain, tiredness, headache, shivering, fever, and upset stomach
- SHINGRIX was not studied in pregnant or nursing women. Tell your healthcare provider if you are pregnant, plan to become pregnant, or are breastfeeding
- Vaccination with SHINGRIX may not protect all individuals
- Ask your healthcare provider about the risks and benefits of SHINGRIX. Only a healthcare provider can decide if SHINGRIX is right for you



Scan to visit
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to learn more.

You are encouraged to report vaccine adverse events to the US Department of Health and Human Services.

Visit www.vaers.hhs.gov to file a report, or call 1-800-822-7967. You may also file a report with GSK at gsk.public.reportum.com or 1-888-825-5249.

Please see Important Facts About SHINGRIX inside back cover.

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WHAT DOES HEALTHY LIVING LOOK LIKE?

Once you cross 50, make sure you're doing all you can to keep your body going through the decades to come

By Sonya Collins

Reviewed by Brunilda Nazario, MD,
WebMD Chief Physician Editor, Medical Affairs

If you want to stay healthy at 50 and beyond, look at your body like it's a machine, says Shawna Nesbitt, MD, an internist at UT Southwestern Comprehensive Heart and Vascular Center in Dallas. "It will need maintenance, just like any other mechanical device."

Here's what care and maintenance of your body must involve as you reach 50 and beyond.

BE A LIFELONG LEARNER

To keep your brain in top condition, Nesbitt says, "We need to continue to use our capacity to learn." Learning shouldn't be just for young people, she stresses. Continue to read, explore your curiosities, master new skills, take classes, become an expert in new topics.

MOVE ANY WAY YOU CAN

Your brain, your heart, your muscles, and bones all need exercise to survive. "It can be done outside, inside, in your bedroom, kitchen, climbing the stairs, or in front of the TV, but it needs to add up to 150 minutes a week," Nesbitt says.

Exercise keeps your heart strong and your brain sharp. It also keeps bones and muscles strong. Those muscles are more crucial than you may think. "Your muscles help prevent you from falling, breaking a bone, and causing a lot of other things to go wrong."



ADD FRUITS AND VEGETABLES

Sneak more whole fruits and vegetables into every meal. A smoothie might do the trick. "It's an easy way to get four to five more vegetables in a day without trying too hard," Nesbitt says. "It can replace your breakfast or lunch."

Getting more of your daily calories from whole vegetables and fruits is good for your heart, your brain, and your GI tract.

KEEP AN EYE ON YOUR NUMBERS

Know your blood pressure, cholesterol, and weight, Nesbitt says. These are good indicators of your overall health. If any one of these is higher than it should be, get clear instructions from your doctor on how to lower them and follow those recommendations closely.

looking to
STAY WELL
every day



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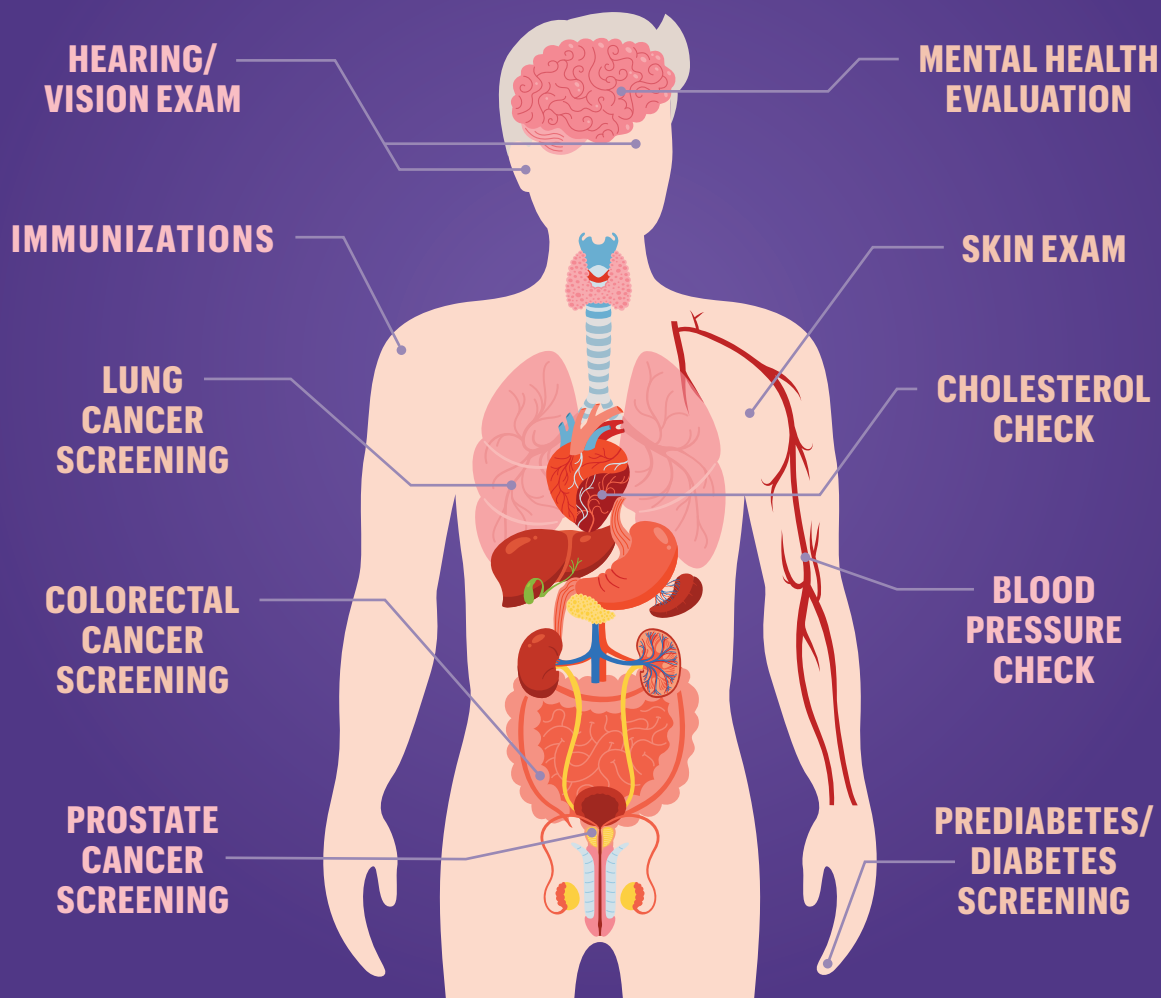
HEALTH SCREENINGS 50+

Personalize your screening schedule with your doctor

By Rachel Reiff Ellis Reviewed by Brunilda Nazario, MD, WebMD Chief Physician Editor, Medical Affairs

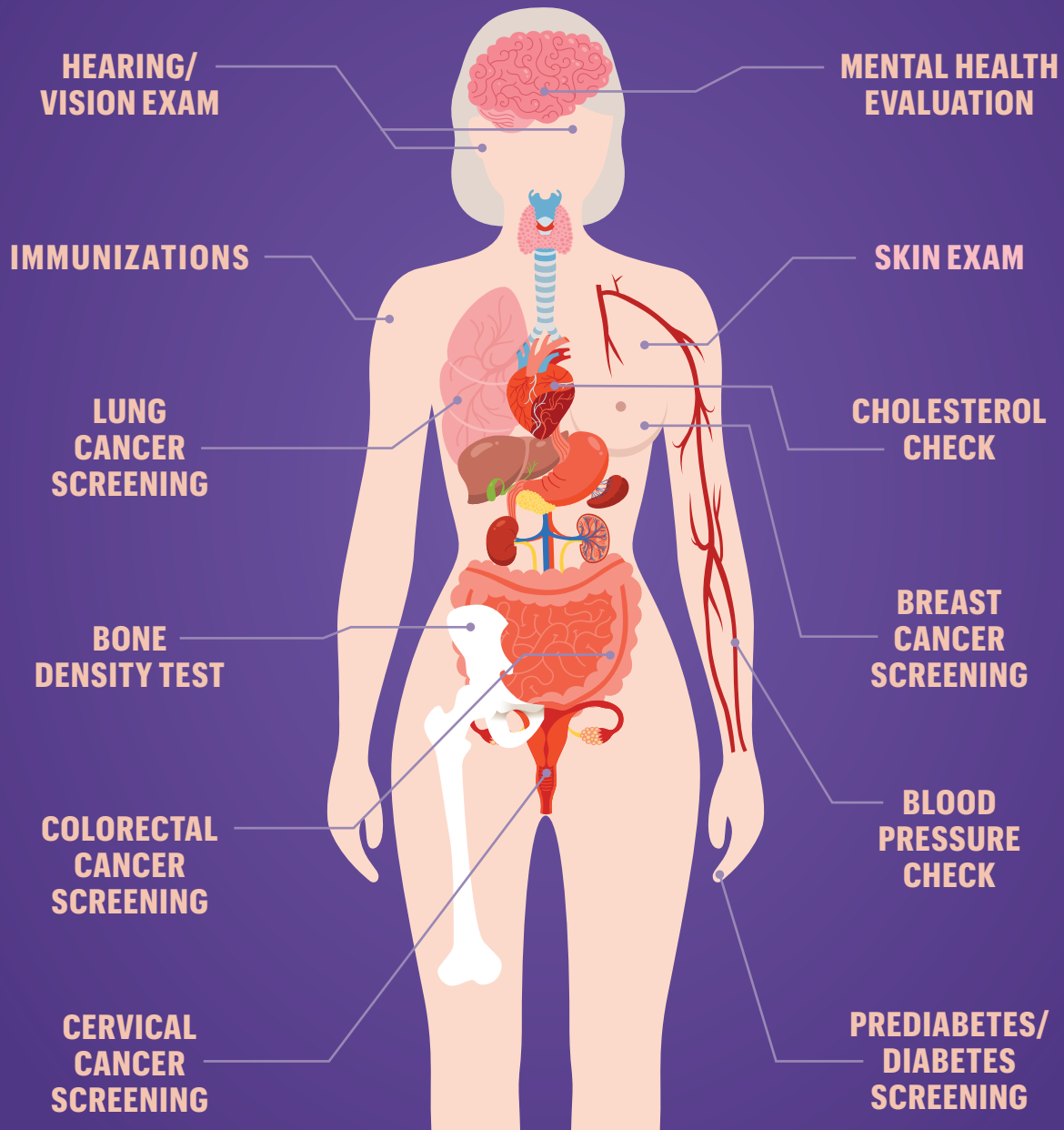
MALE

Men and women are affected in different ways when it comes to getting routine checkups. Regular prostate exams become even more important once you hit 50, and the risk of colon cancer is higher for men, so screenings are key for prevention.



FEMALE

As women age, the hormonal changes during menopause can negatively impact overall health, especially bone health, which make health screenings—including bone density tests—vital for preventing osteoporosis.



SOURCES: National Institute on Aging: "Prostate Problems"; American Cancer Society: "Key Statistics for Colorectal Cancer"; Columbia University: "When Should I Get a Bone Density Test?"

PREVENTIVE CARE

Here's how I am striving to prevent chronic disease and frailty as I grow older

By Caroline Messer, MD Reviewed by Brunilda Nazario, MD, WebMD Chief Physician Editor, Medical Affairs

Preventive care is making sure—through healthy habits—that we don't develop medical issues down the line. And I do all these things myself as an endocrinologist and founder of Well by Messer, a metabolic health and weight loss clinic in New York City. So what are those healthy habits?

PLAY HARD

Regular exercise. Patients tell me all the time, "I walk regularly," but unless you're 90 years old, that's not enough. It's got to be some combination of strength training and aerobic exercise. I play basketball once a week, tennis twice a week, ultimate frisbee once or twice a week, and I lift weights once a week. People may wonder how I find the time between my medical practice and my four kids. I don't watch much TV or spend a lot of time on my phone. I think these other things are more important and more fun—more of what life is about.

STAY CONNECTED

Workouts are my social time, too. I play ultimate frisbee with my 81-year-old dad once a week. I play basketball with my best friend every week. I play tennis with my kids. Exercise doesn't have to be a solo experience.

EAT HEALTHY

A way to model healthy eating for your kids, and keep eating healthy yourself, is to cook at home. It's a dying art,

but I just love it. My kids have grown up with the family putting on music and cooking together on the weekends. I think family dinners are important. I know it's easier said than done. Some people are working late and can't keep the kids up late for dinner. But even if you do it just one night a week, you're sitting down together, appreciating what you're eating—the taste, the colors, the quality of the food—and you're not rushing through it.

KEEP UP-TO-DATE ON SCREENINGS AND VACCINES

It doesn't matter how busy you are—you have to stay on top of all age-recommended screenings and vaccines. I'm very much up-to-date on those. If you're 40 and up, you have to do your mammogram annually. If you're 45 and up, you have to do your colonoscopy. At 50, you need a shingles vaccine.

PROTECT YOUR BONES

What I'm most aware of at this time in my life is the risk of osteoporosis. They say you should get your first bone density scan at 65. But women need the test in perimenopause, as soon as your periods start to become irregular. Make sure you're getting enough calcium and weight-bearing exercise. That's not weight *lifting*. It's exercise that requires you to carry your own weight. So, not swimming, cycling, or using the elliptical. It's running, dancing, tennis, and more.



CAROLINE'S TIPS

- + Stay up-to-date on all vaccines and screenings.
- + Make exercise a part of your daily routine.
- + Get enough calcium to keep your bones strong.

VACCINES FOR VIBRANT LIVING

Make sure you're up-to-date on all of yours

By Sonya Collins

Reviewed by Brunilda Nazario, MD, WebMD Chief Physician Editor, Medical Affairs

Vaccines are your best protection against many preventable infections throughout your lifetime. In fact, you may need them even more as you get older.

“As we age and end up with chronic illnesses, as our immune system is busy trying to compensate for those, it can make us more susceptible to other viruses,” says Jacinda Abdul-Mutakabbir, PharmD, MPH, associate professor at UC San Diego Skaggs School of Pharmacy and Pharmaceutical Sciences.

Here's a look at the vaccines you may be due for now and in the coming years.

CHILDHOOD VACCINE SERIES CATCH-UP

If you didn't get all of the vaccines recommended for infants and children, such as the MMR (measles, mumps, rubella) and the polio vaccine, you can still protect yourself against those diseases now.

“We still see cases of measles and polio, even in the U.S., so it's important to complete all your childhood vaccines,” says Ashley Drews, MD, an internist specializing in infectious diseases at Houston Methodist in Texas.

FAQs ABOUT ADULT VACCINES

Q: If I wait more than six months to get the second dose of the shingles vaccine, do I have to start all over?

A: No, the first one still counts. It's never too late to get the second dose.

Q: Can I get the COVID, flu, and RSV shots all at once?

A: Yes, it's safe to do so, but some people feel a little sick after all three.

LJUBAPHOTO/VIA GETTY IMAGES



HOW DO I KNOW?

Not sure which vaccines you've already had? These resources may help:

- + Your electronic health record
- + State databases called Immunization Information Systems (IIS)
- + Your parents
- + Past schools, colleges, employers

TDAP BOOSTER

Most people get their first Tdap vaccine as children, but you need a booster every 10 years throughout life. It protects against tetanus, diphtheria, and pertussis (whooping cough).

SHINGLES VACCINE

This two-dose vaccine is recommended for all healthy adults age 50 and up. Anyone who has had chickenpox may develop shingles later in life. What starts as a painful rash can lead to long-term chronic pain. “Even when you have a mild case, after the rash resolves, you could have burning, stinging pain long after the rash is gone,” Drews says.

PNEUMOCOCCAL VACCINE

Adults 50 and over should get one of these vaccines. It protects against many types of bacteria that can cause pneumonia and meningitis.

FLU SHOT

Almost everyone over 6 months old is encouraged to get an annual flu shot by the end of October. Even if you didn't prioritize it as a young adult, Abdul-Mutakabbir says, “You want to give your immune system that extra support now.” The older you get, the greater your risk for severe illness from the flu.

COVID VACCINE

Almost everyone over 6 months old is eligible for an annual COVID vaccine to prevent serious illness, hospitalization, and death from the virus. It's best to get this one before the start of cold and flu season.

RSV

This vaccine is for all adults age 75 and up and, according to most guidelines, immunocompromised adults age 50 and up. It protects against severe illness from respiratory syncytial virus, which is more common in older adults. RSV spreads in cold and flu season.

Fit, Focused, and Fearless

With an action-packed career and balanced approach to nutrition, preventative care, and parenting, **Rebecca Romijn** is redefining her 50s

By Rachel Reiff Ellis

Reviewed by Brunilda Nazario, MD, WebMD Chief Physician Editor, Medical Affairs

Actor Rebecca Romijn's decades-long character roster is full of complex, powerful female characters with a backstory: *X-Men*'s shapeshifting, morally ambiguous Mystique, *The Librarians*' team protector and former NATO operative Eve Baird, and most recently, highly capable and competent Una Chin-Riley, Lieutenant Commander of the USS Enterprise in *Star Trek: Strange New Worlds*, to name a few.

Romijn grew up watching reruns of the original *Star Trek* next to her mom, who introduced her not only to the show, but to the idea that the universe was full of mystery and wonder to be explored. It was the perfect combination of roots and wings that have guided her both on and off screen.

"Arm candy-type roles have never been interesting to me," she says. "I gravitate toward roles that I'll be proud to show my daughters, that are positive for them and other young women."



*“I keep waiting for my
body to really feel old,
and it doesn’t. I feel
just as active and
I have just as much
energy as I did in my
mid-20s. I feel great.”*

—Rebecca Romijn

PHOTOGRAPHY BY JC OLIVERA/STRINGER VIA GETTY IMAGES



ALL SMILES: Rebecca Romijn (right) celebrating her mom Elizabeth Kuizenga's 50th birthday in Berkeley, California, in 1997.



FAMILY TIME: At home in 2017, Rebecca Romijn and husband Jerry O'Connell pose with daughters Dolly and Charlie and their beloved rescue dogs (left to right) Pippa, Tater, Doug, Holiday, and Phil—the heart of their busy household.

At 53, Romijn is in a rich season of life with both new frontiers and role reprisals. Later this year, she'll slip back into Mystique's blue skin in *Avengers: Domsday*. Getting that call was "surreal," she says, and even though she's a seasoned veteran of the camera, she found herself facing a bit of imposter syndrome when it was time to go back to the makeup chair.

"There was a tiny part of me that wondered if I just happened to be the one who was available," she says. "But then I realized, 'Wait, no. I created this character. This is my character.' And then I just stepped back into it. It was incredible."

STAYING POWER

Playing a comic book antihero and a Starfleet commander requires more than just acting prowess; it also takes a commitment to preventative health practices so her characters can show up in full strength. As Lieutenant Commander Chin-Riley, wielding phasers and engaging in hand-to-hand combat is all part of a day's work, so Romijn stays ready.

"I have a job that requires me to stay fit, but I'm also up against menopause, so I'm trying to do whatever I can to take care of myself as I move through the next section of life," she says.

Romijn does Pilates five days a week as well as daily infrared yoga sessions—a type of hot yoga that uses infrared panels to warm the body to 95 F to 105 F as you practice. Both keep her limber, grounded, and mostly illness-free.

"I adore yoga for so many reasons," she says. "It's really good for your immune system, and the focused breathing does wonders, but the infrared seems to be the magic ingredient."

Physical activity is a defining part of her family life, too. Romijn and her husband, actor Jerry O'Connell, love to be in nature and take regular hikes with their twin daughters and dogs.

I keep waiting for my body to really feel old, and it doesn't," she says. "I feel just as active and I have just as much energy as I did in my mid-20s. I feel great."

A BALANCED APPROACH TO NUTRITION

For years, Romijn leaned heavily into the paleo diet, sticking to lean meats, fish, vegetables, nuts, and seeds and cutting out dairy, grains, and legumes, but lately she's welcomed some old favorites back, such as bread and pasta. Her household's favorite carb: sweet potatoes.

"Everybody in my house loves sweet potatoes, so we come up with all sorts of loaded sweet potato dishes to try," she says.

Romijn says she pays closer attention now to what her body needs, relying on regular blood tests to guide her supplement routine. She takes a mix of vitamins tailored to fill nutritional gaps, including vitamin D, zinc, and methylated B vitamins. Sleep has become more elusive with age, she says, so she's incorporated a nightly regimen that includes magnesium and tart cherry.

EMBRACING PREVENTATIVE CARE

Routine screenings have become more, well, routine now that she's in her 50s. Between projects, she prioritizes scheduling mammograms, lab tests, and annual physicals. This year she had her first colonoscopy, with clean results.

"It's a lot of doctor's appointments," she says, "but I would rather practice preventative care than deal with illness."

Romijn calls the shingles vaccine "a big game changer." After having the infection in her 40s, she was quick to get the shot once she was eligible at 50 and afterward was excited to learn about studies that show it may do more than prevent shingles.

"They've discovered that there's something about it that may be anti-inflammatory, and it may reduce the risk of dementia by 20%, so I highly recommend that one," she says.

STRANGE NEW WORLDS

As *Star Trek: Strange New Worlds* continues into season 4, Romijn is facing her own new frontier: watching her daughters launch into adult life. The two will graduate high school in 2027, and Romijn says they're ready to find their place in the world.

"The most exciting thing about being a parent is watching your kids start to spread their wings," she says. "You worry about them, of course, but you also know your job is to get out of the way."

As her daughters grow older, so does Romijn. And she embraces her aging with open arms. Turning 50 felt like a "celebration," she says, and she hopes to move through this decade and beyond like her own mother did—gracefully and fearlessly.



GALAXY OF MEMORIES: "My mom introduced me to *Star Trek* when I was a young girl, and it sparked a lot of curiosity in me and conversations between us. I love being part of a franchise that leaves all of the earthly things and the human trials and tribulations behind and explores the idea of life beyond," says Rebecca Romijn, with her *Strange New Worlds* co-stars Ethan Peck (far left) and Anson Mount.

"My mom made such an impression on me," Romijn says. "I loved watching her age. She had laugh lines all over her face that I always thought were really beautiful. And these days we have cosmetic procedures to 'fix' those things. But I don't feel afraid of aging. And I want to pass that down to my daughters. After all, age is just a number."

REBECCA'S TIPS

Advice for keeping a handle on health as you age:

- + Move daily.
- + Keep your diet balanced and protein-rich.
- + Take (doctor-recommended) targeted supplements.
- + Stay proactive with sleep, screenings, vaccines, and blood tests.

I FOUND MY BEST PHYSICAL FITNESS IN MY 50s AND 60s

With the right routine, you'll feel better both physically and mentally

By Liz Hilliard **Reviewed by** Brunilda Nazario, MD, WebMD Chief Physician Editor, Medical Affairs

When I was younger, I was an athlete. I played basketball in school. But I couldn't find workouts that I enjoyed and would stick with. Consistency is such a key thing when it comes to maintaining your physical fitness. As I aged, I found Pilates helpful. In my mid- to late-40s, I became certified in Pilates. But as I entered my 50s, I noticed my body was changing. I needed to do something more.

FINDING STRENGTH

I hired a personal trainer for strength training, and everything started to change for the better. It was the combination of the two—Pilates and strength training—that worked for me. When I put together what I knew about Pilates and what I was learning about strength training, it made all the difference.

Pilates is focused on your breathing and your core. Strength training includes picking up weights or anything that your body resists. Pushing against a hard object causing your muscles to stress is also strength training. Around age 52, 53, 54, I found my body changing

again, this time for the better.

MOOD BOOSTER

I was pleased with the physical results, but what really clicked was the way I felt. I started to ease into this menopausal thing I was going through in a



LIZ'S TIPS

- + **Exercise is important, but don't overwork because rest is equally important. Your muscles need time to recover so that they can build.**
- + **Protein helps build muscle. I try to add protein to every meal, but at least first thing in the morning.**
- + **I have a family history of heart attacks, strokes, obesity, diabetes, the whole gamut. The genetics are important, but they are not the end word when it comes to your physical health.**



big way. I noticed that everything was easier. My mood was lifted. The research is now showing that muscle and strength training does all these things. It causes your blood sugar to balance out a little more. Your hormones balance out, regardless of your age. You can continue to build bone density, too.

It wasn't just that the exercise routine worked physically, it was that I'd come up with a way to exercise that made me feel good. The workout I do releases endorphins. In my work life, I went from a focus on personal training and Pilates to a more community atmosphere, combining Pilates and strength in a way that also gets the heart rate up.

DEFYING AGE

I've always said vanity gets us in the door sometimes to our health. And then, when your body starts to look and feel good, it's amazing. I'm 71 now and I keep waiting for the big change. You think there must be some plateau that happens. But with the strength training workout I do four to five times a week, I have not felt the aging effects of turning 60 or 70. I've just felt good.

I like to say that if there were going to be a pill you could take to make you healthy and age well into your later years, it would be strength training. I know that because I'm walking proof.



FROM APPREHENSION TO ACTION

I avoided doctors most of my life until a health scare changed my stance

By Becky Roberts

Reviewed by Brunilda Nazario, MD, WebMD Chief Physician Editor, Medical Affairs

Growing up, we rarely went to the doctor. We didn't have much money or access to the safety nets that exist today.

Then at 20, I had a traumatic experience—one I don't like to talk about—that landed me in the emergency room. The doctor was so unkind that I felt as unsafe as I had during the trauma itself.

I got up and left and didn't see a doctor again until my 40s.

BREAKING POINT

At that time, my father-in-law lived with us and he was dying. I was under tremendous stress. My heart was constantly racing, and my husband insisted I see a doctor. I did, and I learned my blood pressure was off the charts and I had type 2 diabetes.

Driving home, I had a hard conversation with myself. I now had two conditions requiring long-term care, and I was afraid of doctors. I had to figure this out.

GETTING TO THE HEART OF THE PROBLEM

I realized my fear came from one doctor, not the entire medical community. As a caregiver to my father-in-law, I had attended many of his appointments, and they had been positive experiences.

DESENSITIZATION THERAPY

I began accompanying friends and family to their appointments to desensitize myself to the clinical setting. I also followed board-certified doctors—not coaches



BECKY'S TIPS

If fear keeps you from care, start small:

- + Choose a doctor that comes recommended
- + Schedule a low-stakes visit
- + Bring a friend



or wellness influencers—on social media. Hearing them discuss real clinical scenarios, health conditions, and the consequences of ignoring them helped.

PLAN OF ATTACK

Finally, I found a comprehensive list of recommended annual care for women my age—dental cleanings, physicals, mammograms, eye exams, and more. That list gave me a clear entry point into health care.

TRIAL BY FIRE

Then, a sudden hospitalization for an infection that led to sepsis was all I needed to solidify my trust in doctors. I remember thinking, 'I've just got to let them do their job.' I found them to be incredibly well-trained and caring individuals. They were amazing.

Important Facts About



WHAT IS SHINGRIX (ZOSTER VACCINE RECOMBINANT, ADJUVANTED)?

- SHINGRIX is an FDA-approved vaccine for the prevention of shingles (herpes zoster):
 - In adults 50 years and older
 - In adults 18 years and older who are or will be at increased risk of shingles due to being immunocompromised by known disease or therapy
- SHINGRIX is not used to prevent chickenpox

WHAT IS SHINGLES AND WHAT CAUSES IT?

- Shingles, also known as herpes zoster, is a painful skin rash
- Shingles is caused by the same virus that causes chickenpox. 99% of people 50 years and older carry this virus. After a person recovers from chickenpox, the virus stays inactive in the body. As you age, your immune system starts to naturally decline, increasing your risk of the virus reactivating and causing shingles. 1 out of 3 people will get shingles in their lifetime

HOW DOES SHINGRIX WORK?

- SHINGRIX is a shingles vaccine that works to boost your body's protection against shingles

HOW IS SHINGRIX GIVEN?

- SHINGRIX is given as a 2-dose vaccine series (0.5 mL each, given in the muscle of the upper arm). It is important to complete the 2-dose series
 - In adults 50 years and older the second dose should be given between 2 and 6 months after the first dose
 - In adults 18 years and older who are or will be immunocompromised due to disease or medication and might benefit from a shorter vaccination schedule, the second dose can be administered 1 to 2 months later

WHO SHOULD NOT GET SHINGRIX?

- You should not receive SHINGRIX if you are allergic to any of its ingredients or had an allergic reaction to a previous dose of SHINGRIX

WHAT ARE THE POTENTIAL SIDE EFFECTS?

- An increased risk of Guillain-Barré syndrome (severe muscle weakness) was observed after vaccination with SHINGRIX
- Fainting can happen after getting injectable vaccines, including SHINGRIX. Precautions should be taken to avoid falling and injury due to fainting
- The most common side effects are pain, redness, and swelling at the injection site, muscle pain, tiredness, headache, shivering, fever, and upset stomach
- More people experienced fever and shivering when SHINGRIX was given with PNEUMOVAX 23

ADDITIONAL IMPORTANT INFORMATION

- SHINGRIX was not studied in pregnant or nursing women. Tell your healthcare provider if you are pregnant, plan to become pregnant, or are breastfeeding
- Vaccination with SHINGRIX may not protect all individuals
- Ask your healthcare provider about the risks and benefits of SHINGRIX. Only a healthcare provider can decide if SHINGRIX is right for you

NEED MORE INFORMATION?

- This is only a summary of important information
- To learn more about SHINGRIX, talk to your doctor, pharmacist, or other healthcare provider
- Visit SHINGRIX.com or call 1-800-772-9292 for more information

Please see Important Safety Information on back cover.

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Produced in USA.

Clinical trials proved that compared to placebo, **SHINGRIX was more than 90% effective in preventing shingles** in adults 50 years and older.

90%
EFFECTIVE

Your immune system naturally weakens with age.
The risk for shingles increases sharply after 50 years of age.

If you're over 50 years old, talk to your doctor about SHINGRIX.

\$0

SHINGRIX is \$0 for almost everyone.

\$0 with Medicare Part D, \$0 for 98% of privately insured people.



Discover the numbers of a vaccine that's tested and proven. Scan to visit shingrixstory.com to learn more.

What Is SHINGRIX?

SHINGRIX is an FDA-approved vaccine for the prevention of shingles (herpes zoster) in adults 50 years and older.

SHINGRIX is not used to prevent chickenpox.

Important Safety Information

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You are encouraged to report vaccine adverse events to the US Department of Health and Human Services.

Visit www.vaers.hhs.gov to file a report, or call 1-800-822-7967. You may also file a report with GSK at gsk.public.reportum.com or 1-888-825-5249.

Please see Important Facts About SHINGRIX inside back cover.



SHINGRIX } **GSK**
(ZOSTER VACCINE
RECOMBINANT, ADJUVANTED)