



## HEALTH INDEX SCORE

HEALTH ENHANCEMENT RESPONSE

*Learning how to live healthy®*

While the body has its own immune system to fight infections and illnesses, it sometimes needs a little help. A proven and effective way to help your body prevent health illnesses is by being vaccinated. Immunizations benefit both the individual and the community. Failing to be immunized puts you and others at risk for diseases. Making sure your immunizations are up to date is important to prevent future illnesses and to ensure the overall well-being of you and the community. Keeping an accurate immunization record is important for both you and your doctor.

IMMUNIZATIONS

### MY IMMUNIZATION STATUS IS:

Healthy is all immunizations are up to date.

Health Risk is some immunizations are up to date.

Unhealthy is no immunizations are up to date.

- HEALTHY** – Look on the back side of this card to see what you can do to stay healthy and immunized.
- HEALTH RISK** – If you do not update your immunizations, you may be at risk for developing diseases. Look on the back of this card to see what you can do to improve your immunization status.
- UNHEALTHY** – Not receiving immunizations may put you at risk for developing diseases. Look on the back of this card to see what you can do to improve your immunization status.

**CRCH**

CENTER FOR RURAL &  
COMMUNITY HEALTH

[CRCH@oste.wvsom.edu](mailto:CRCH@oste.wvsom.edu)

<https://crch.wvsom.edu>

# What to do for ...

**HEALTHY IMMUNIZATION STATUS:** Be sure to continue receiving immunizations as needed, per your health care provider. Make sure your immunization record is up to date.

**HEALTH RISK IMMUNIZATION STATUS:** Make sure you are up to date on all immunizations and be sure to continue receiving immunizations as needed, per your health care provider. Ask your health care provider what immunizations you need to protect your body from diseases. Make sure your immunization record is up to date.

**UNHEALTHY IMMUNIZATION STATUS:** Ask your health care provider what immunizations you need to avoid future illnesses. Make sure your immunization record is up to date.

## Get more information

### ABOUT IMMUNIZATIONS AND THE IMPORTANCE OF KEEPING THEM UP TO DATE BY...

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at <https://crch.wvsom.edu>, by calling 800-566-1258, or by email [CRCH@osteو.wvsom.edu](mailto:CRCH@osteو.wvsom.edu)
- Talking with a Community Health Education Resource Person (CHERP), also known as a community health worker, or a health care provider in your community. To find a community health worker near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking

Identification \_\_\_\_\_

*Sponsored by the West Virginia Clinical and Translational Science Institute*

