

PrimeWest Health Member Services
1-866-431-0801

Attention. If you want free help translating this information, call the above number.

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame al número que aparece más arriba.

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjama dda macluumaadkani oo lacag la'aan ah, wac lambarka kore.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم الموجود أعلاه.

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែឥតមានថ្លៃដោយមិនគិតថ្លៃ សូមទូរស័ព្ទ ទៅលេខនៅខាងលើ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite gornji broj.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no dawb, thov hu rau tus xov tooj saud.

ປູ້ດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ຟຣີ, ຈົ່ງ ໂທຫາລេກໂທທີ່ຢູ່ຂ້າງເທິງນີ້.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, lakkoofsa armaa olii bilbili.

Внимание. Если вам нужна бесплатная помощь в переводе этой информации, позвоните по указанному выше телефону.

Chú Ý. Nếu quý vị cần dịch thông tin này miễn phí, xin gọi số nêu trên.

This information is available in other forms to people with disabilities by calling Member Services at **1-866-431-0801**. To reach us through Minnesota Relay for TTY, Voice, ASCII, or Hearing Carry Over, call **1-800-627-3529** or **711**; for Speech-to-Speech relay service, call **1-877-627-3848**. Calls to all of these numbers are free.

This brochure is sponsored by the Quality Collaborative in conjunction with Stratis Health. The Quality Collaborative is a working partnership of quality management staff from five Minnesota Health Plans—Blue Plus, HealthPartners, Medica, Metropolitan Health Plan, and UCare—and three Minnesota County-based Purchasing groups—Itasca Medical Care, PrimeWest Health, and South Country Health Alliance.

American Indians can continue or begin to use tribal and Indian Health Service (IHS) clinics. We will not require prior approval or impose any conditions for you to get services at these clinics. If a doctor or other provider in a tribal or IHS clinic refers you to a provider in our network, we will not require you to see your Health Plan primary care provider prior to the referral.



Get the Facts about HPV

(Human Papillomavirus)



What is HPV?

Human Papillomavirus (HPV) is a common virus that can cause warts and cancer. There are over 100 kinds of HPV. About 40 kinds are spread through sexual contact. Most often people get HPV when they are teenagers or young adults. Twenty million Americans have HPV infections.

Why is HPV important?

Most HPV infections go away. But some high-risk HPV infections do not go away. These kinds can cause cancer later in life.

There are two risk levels for HPV infections:

- **Low-risk** can cause mild problems like genital warts
- **High-risk** can cause severe problems like cervical cancer and other genital cancers

What is the HPV vaccine?

The HPV vaccine is a set of 3 shots given in the arm over 6 months. The vaccine protects males and females from the types of HPV that cause most cases of genital warts and genital cancers. The protection lasts at least 4 years.

Is the HPV vaccine safe?

Yes. The vaccine was tested in thousands of women. Serious reactions are very rare. If people have a reaction, they usually say the shot stings or their arm gets sore or swollen. Sometimes, people feel dizzy. Rarely, people faint, but no more often than with other vaccines.

Who should get the HPV vaccine?

Girls ages 11 to 12 years should get the vaccine. Also, girls and women ages 13 to 26 years should get the vaccine if they have not had it before.

These groups all recommend getting the HPV vaccine:

- American Cancer Society
- Centers for Disease Control and Prevention (CDC)
- Minnesota Department of Health (MDH)

Why is the HPV vaccine recommended for younger girls?

It is best to get the shot before the start of any sexual activity. This is because the vaccine does not protect people who already have HPV.

What is the cost for the HPV vaccine?

Most health plans cover the vaccine. Call your health plan to find out more. If you lose your health plan coverage, you may also find free or low-cost HPV vaccines. Talk with your doctor's office or call your city or county health department to find out more.

Where can I get the HPV vaccine?

You can get the HPV vaccine from:

- A family doctor
- A pediatrician
- A gynecologist
- A nurse practitioner

Please call your doctor's office for more information.

HPV information resources

American Cancer Society:
www.cancer.org

Centers for Disease Control and Prevention:
www.cdc.gov

Minnesota Department of Health:
www.health.state.mn.us/immunize

National Cervical Cancer Campaign:
www.nccc-online.org