

Live more. Worry less about pneumonia.

As we get older, infections like pneumonia can become serious very quickly.
A simple step today can help protect your health.



WHAT IS PNEUMONIA

Pneumonia is a serious lung infection that can become dangerous as we get older.



PREVENTION IS IMPORTANT

Speak to your doctor about the pneumococcal vaccine. It can help protect you from serious illness



PROTECT YOURSELF

According to the World Health Organization (WHO), adults over 60 and people with existing health conditions are at higher risk of pneumonia.

You are at high risk if you:

- Are over the age of 60
- Have heart conditions
- Have lung problems
- Have diabetes



VISIT YOUR DOCTOR EARLY

If you feel unwell, don't wait.
Seeing a doctor early can prevent complications. BEMAS covers GP visits at 100% of the Society Rate. Using network providers can help you avoid co-payments.



GET HELP IMMEDIATELY

If you have:

- Trouble breathing
- Chest pain
- Severe weakness

Call **0860 999 911** immediately.



WE'RE HERE TO SUPPORT YOU

BEMAS covers hospital care when needed and helps you access the treatment you need.



REMEMBER:

Prevention, early care, and quick action can save your life.