

ADOLESCENT HEALTH

CHECK UP



Healthy children are more likely to grow up to be healthy adults. Regular checkups give parents and health care providers an opportunity to check children's growth and development, identify any concerns, and treat them early to prevent bigger problems later on.



RECOMMENDED IMMUNIZATIONS FOR CHILDREN 11 & OLDER:

Tdap (*Tetanus, Diphtheria, Pertussis*) **MCV4** (*Meningococcal*)
HPV (*Human Papillomavirus*) **Flu** (*Seasonal*)



PREVENTION EDUCATION

- **Healthy Lifestyles**
 - Physical Activity and Nutrition - HealthySD.gov
- **Risk Reduction**
 - Tobacco - SDQuitline.com
 - Suicide - SDSuicidePrevention.org



GET THEM INVOLVED

Older children can start taking charge of their own health by:

- Making their own appointments.
- Going to appointments by themselves or asking a parent or friend to go with them.
- Talking to the provider about their health problems and concerns.
- Writing down questions to ask their provider.
- Asking questions about the medicines they may need to take.



DENTAL EXAM

Keep smiles healthy with an annual **DENTAL EXAM** and **TWO CLEANINGS** per year.

To **FIND A DENTIST** visit
www.insurekidsnow.gov/coverage/find-a-dentist/index.html



EYE EXAM

An annual **EYE EXAM** is recommended.

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