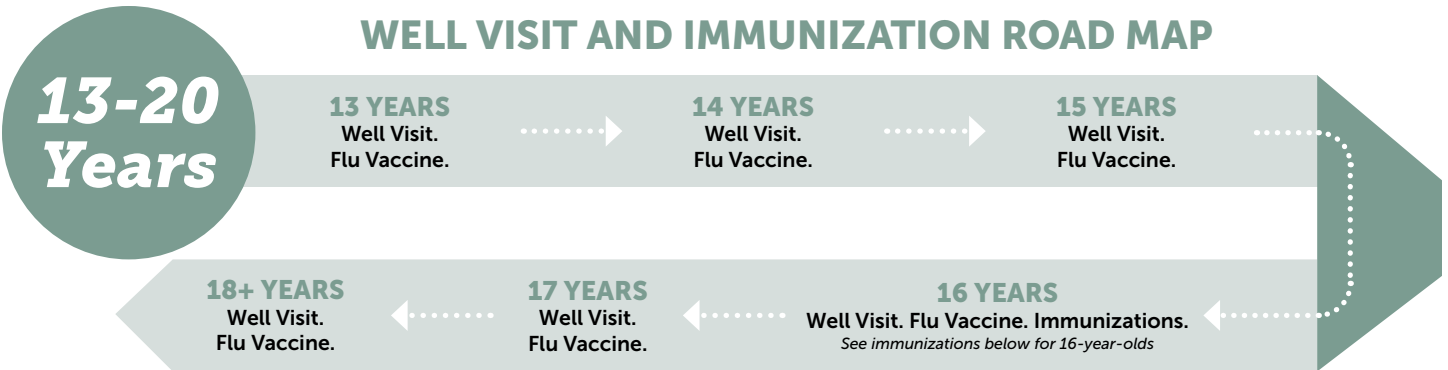


13 to 20-year-old ANNUAL WELL-CHILD CHECK-UPS



RECOMMENDED IMMUNIZATIONS

- ✓ Any immunizations missed
- ✓ MCV4 (Meningococcal) 2nd dose at age 16
- ✓ Flu (Influenza) - Annually



DENTAL EXAM

Keep smiles healthy with an annual dental exam and two cleanings per year.
<https://www.insurekidsnow.gov/find-a-dentist/index.html>



EYE EXAM

An annual eye exam is recommended.



GET THEM INVOLVED

Involving youth in their own healthcare at an early age will ensure a slow smooth transition in the future. If youth are comfortable they can begin to talk one-on-one with the health care provider at their appointments, schedule and check in for their own appointment and know how to contact their health care providers. For more resources visit: <https://doh.sd.gov/family/Youth/wellvisits.aspx>.

WHY IT'S IMPORTANT TO MAKE TIME FOR WELL-CHILD VISITS

Adolescence is a time of many physical, social, and emotional developments, as well as an increased drive for independence. Youth need to be given the opportunity to ask questions they might not feel comfortable asking others. A PCP can answer questions related to safety, body changes, mental health, emotional well-being, behaviors that put youth at risk, substance use, stress, and sleep.