

Keep your teen safe and healthy

Teens are faced with many challenges. Their bodies change quickly. They have to deal with peer pressure and worries about their future. Often, the last thing on their mind is a trip to their health care provider when they aren't sick.

Yearly Well Visits

Well visits are not just for young kids. Teens also need a yearly well visit with their primary care provider (PCP) to stay healthy. The PCP will check your teen's growth and development. The PCP can also find health problems before they become serious. For teens who play sports, the well visit can be done at the same time as the sports physical. (You will need to ask for a well-child visit when you call to schedule the sports physical appointment.)

Shots (Immunizations)

Shots are not just for young kids either. Kids should have the shots listed below when they are 11-12 years old. If your teen did not receive these shots, call the PCP. The PCP will tell you if your teen needs these shots.

- * Tdap (Tetanus, diphtheria and pertussis booster) or Td
- * MCV (meningitis shot)
- * HPV (cervical cancer shots, for girls only)
- * Influenza (Flu)

If your teen is due for any of these health care services, call your teen's PCP today. Missouri Care members can receive shots and well-care visits at no cost to you.



Missouri CareSM
AN AETNA HEALTH PLAN

Teen Health Checklist

Use this checklist to find out if your teen's health care is up-to-date:

- * My teen has had a well visit (not a sick visit) with the PCP this year.
- * My teen has had the Tdap or Td shot.
- * My teen has had the MCV4 shot.
- * My teen has had a Pap test (cervical cancer screening) this year (if sexually active; for girls only).
- * My teen has had three HPV shots (for girls only).
- * My teen has had an influenza shot this year.

If your teen is due for any of these health care services, call your teen's PCP today.



Missouri CareSM
AN AETNA HEALTH PLAN