

The Importance of a Well-Child Check

Children ages 12-14

Why it's important to continue Well Child Checks annually in the early adolescent years...

- Annual Preventive Health Care visits (well child check), for children ages 3 – 21, are recommended by the American Academy of Pediatrics and are fully covered by most insurances. These visits offer the opportunity to:
 - Detect any possible medical, developmental or academic concerns early so that treatment can be started to potentially lessen the future impact on both the child and the family.
 - Receive medical, dental, behavioral health or other necessary referrals
 - Meet the requirement for school “sports physical”.

What to expect from your visit...

Screenings for:

- Physical development: height, weight, blood pressure, vision, and dental.
- Behavior assessments: learning difficulties, depression, anxiety, ADHD, etc. Don't be afraid to bring these concerns to the attention of your health care professional.
- Use of tobacco, alcohol, and drugs

Recommended Immunizations:

- Update any vaccinations based on current preventative guidelines
- Flu vaccine (annually)
- Tdap Booster
- Meningitis
- HPV

Anticipatory Guidance:

- Skills needed for general healthy living, including school interactions
- Encourage learning to the child's greatest potential
- Hygiene
- Peer pressure
- Making healthy friendships independently and how to prevent bullying
- Dealing with puberty
- Social media

Best outcomes for your adolescent...

Preventive health care visits are a good time to focus on your child's ongoing wellness. Talking about ways to improve care and prevent problems helps keep your child healthy.

Tip: write down any questions/concerns you may have about your child's health to bring to the appointment.

Call your pediatrician or family practice health care provider today to make an appointment. If you don't have a primary care provider contact your insurance carrier to find one. If you do not yet have insurance coverage of any kind you can go to www.yourhealthidaho.org for information.

For more information on preventive health services go to - <https://www.healthcare.gov/preventive-care-children/> or the American Academy of Pediatrics website – www.aap.org.