

# The Importance of a Well-Child Check

## Children ages 14-19

### Why it's important to continue Well-Child Checks annually throughout the teenage 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 as well as sexually transmitted diseases.

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
- Dealing with puberty
- Intimacy—birth control
- Peer pressure
- Making healthy friendships independently and how to prevent bullying
- Social media
- Driving
- Relationships
- Substance abuse

### Best outcomes for your teenager...

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: Ask your child to write down any questions/concerns he/she may have 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](http://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](http://www.aap.org).