

Annual Check-up Reminder

To the parents of:

Your child may be due for an annual well-child or teenager check-up. Children and teenagers should get one check-up every year even if they look or feel healthy. Well-child and teenager check-ups:

- Help prevent illnesses
- Identify health concerns early
- Monitor development
- Ensure your child gets needed immunizations

The check-up is performed by your child's Primary Care Provider (PCP). It has the added benefit of their PCP becoming familiar with their health needs and establishing a care relationship with them. These check-ups can also be used for enrollment in schools, camps and sports programs.

To learn more about well-child care and teenager care, visit dss.sd.gov/medicaid/recipients/recipientprograms/wellchildcare.aspx.

Based on the age of your child, the following well-child check-ups and immunizations are recommended:

Well-child and teenager check-ups are covered as part of your child's Medicaid/CHIP coverage. Contact your child's PCP to schedule an appointment. See the back side of this letter for more information about keeping your child healthy.

Your health is important too. Consider contacting your primary care provider to schedule a well-adult check-up.

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.

DSS
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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 or call **Delta Dental** at **1.800.627.3961**.



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EYE EXAM

An annual **EYE EXAM** is recommended.

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