

Teenagers 13 - 21 Years Old

Teenagers need regular check-ups! You should see the doctor for a check-up every year between the ages of 13 and 21. The American Academy of Pediatrics recommends the following tests and check-ups for teens:

Every time you go for a check-up, the doctor should do the following:

- ✓ Review your health history
- ✓ Height and Weight Measurement
- ✓ Blood Pressure
- ✓ Check your eye sight and hearing
- ✓ Physical Exam
- ✓ Evaluate how you are growing and behaving
- ✓ Talk with you about your growth and how to prevent accidents

There are also some check-ups you may need only once or twice:

Immunizations (shots)

- Tetanus and Diphtheria Booster between 11 and 16 years

Anemia Test

- At least once, preferably at age 13

Urine Test

- Annually, if you are sexually active.

Ask the doctor if you should have the following tests:

- Tuberculosis Test
- Cholesterol Test
- Sexually Transmitted Diseases Test
- Pelvic Exam (Women only)

Getting regular check-ups is one way to stay healthy during your teen years. Sometimes it is hard to take the time to go to the doctor, but your health is worth it.

As a member of your health plan, you have chosen a Primary Care Doctor. If you don't know who your Primary Care Doctor is, call your health plan.

If it is time for a check-up, call and make an appointment today!

Be Prepared

KEEP THESE PHONE NUMBERS HANDY

Fill in the numbers below so you can get the right medical care when you need it.

My Doctor

In case of Emergency, call 911 or

Poison Control

Pharmacy

After Hours Clinic

