

Children, Adolescent & Teen Preventive Care

July's focus is on well-child visits, adolescent & teen annual preventive health visits, and sports physicals. It's a great time to review your child and/or teen's medical records to ensure they are up to date on things from check-ups to vaccinations—it's one of the best things you can do to keep your child and community safe, healthy and protected against serious diseases. Summer months can get busy for families, so check now to ensure your child's healthcare is on-track and they are ready for the next school year.

Participate in these activities throughout the month to learn more about the importance of well-child visits, adolescent & teen health visits, sports physicals and vaccinations!

Activity #1 – Well-Child Visits/Adolescent & Teen Preventive Health Visits

Did your child or teen miss a routine check-up or preventive health visit over the last two years? Making sure that your child sees their doctor for routine health visits and recommended vaccines is the best thing you can do to protect and keep them healthy. Review children's preventive care on page 2 and the adolescent and teen preventive care on page 3 for information on these types of visits. Schedule your child and/or adolescent & teen visit if due. Remember to also check your medical benefit plan to know your coverage.

Activity #2 Stay on Track With Recommended Vaccinations

Stay on track with your child's vaccines—and if COVID-19 caused a disruption, now is the time to catch up. Review the recommended vaccines by age on pages 4 and 5 against your child's immunization records. Missed a vaccination or dose? Talk to your child's doctor about catching up—in most cases, it's not too late!

Activity #3 – Sports Physical & Test Your Sports Knowledge

A sports physical is an exam to help determine if it is safe for an athlete to participate in a sport. In comparison, an annual preventive visit is a more comprehensive exam and health assessment focused on overall level of health and health needs. Your child's PCP may do both at a preventive visit. Schedule a sports physical if due, then test your sports knowledge by taking the quiz on page 6.

Activity #4 – Childhood and Adolescent & Teen Health Resources

There are resources available no matter what obstacle/challenge you may be facing as a parent or what your child or teen might be experiencing. The resources on page 7 can be a helpful place to start if you are looking for assistance. Resources are open to all unless noted*.

For questions or more information, please email wellness@wellfirstbenefits.com

Children's Preventive Care

Children and toddlers grow and change fast in early childhood. Routine visits with a Primary Care Provider (PCP) help keep your child healthy and offer the opportunity for you to get regular updates on your child's health and development.

Well-child visits

Well-child visits may also be referred to as well-baby exams, well-child checks or routine checkups. The American Academy of Pediatrics recommends frequent well-child visits until your child turns three years of age, and then annually after that. These visits are an important part of keeping young children healthy!

At well-child visits these preventive services, and more, are covered at no (\$0) out-of-pocket costs to you when performed by an in-network provider*:

- Monitoring growth and development
- Discussing health concerns
- Discussing emotions, behavior and safety
- Age-specific vaccinations, screenings and tests
- Talking through any questions or concerns you may have

[Learn more and find out what you can expect at these well-child visits.](#)

Childhood vaccinations

Vaccines help keep children safe and free from vaccine-preventable diseases, and approved vaccines are covered with a \$0 cost to you when given by a network provider*. Here are [five reasons to vaccinate children](#):

1. Immunizations can save a child's life
2. Vaccinations are safe and effective
3. Immunity protects others
4. Immunizations can save time and money
5. Immunizations help protect future generations

View the CDC's recommended vaccines for children on page 4 of this kit.

Always check with your doctor about what's right for your child and follow the schedule that they recommend for future exams and vaccinations. Remember to also check your medical benefit plan to know your coverage.

**If your plan uses a provider network, review your [summary of benefits and coverage](#) for network provider details.*



Adolescent & Teen Preventive Care

As teens mature from childhood through adolescence, their health care needs change. Having a good relationship with a Primary Care Provider (PCP) can help with the transition.

Annual preventive visit

Adolescents and teens should make annual preventive visits with their PCP a priority. [Preventive care](#) is an important part of keeping kids healthy into adulthood.

At annual visits these preventive services, and more, are covered at no (\$0) out-of-pocket costs to you when performed by an in-network provider*:

- Track changes in physical, mental and social development
- Vaccines to protect against diseases
- Offer advice on unhealthy behaviors
- Discuss nutrition, proper exercise and safety measures
- Help to coach your child for the transition into adulthood
- Answer questions about overall health and well-being

[Learn more and find out what you can expect at an annual visit.](#)

Adolescent Immunizations

As kids grow, protection from some childhood vaccines begins to wear off. Kids also become at risk for more diseases. Staying up to date with recommended vaccines offers the best possible protection against common preventable diseases. Immunizations for adolescents provide protection against deadly forms of meningitis and even cancer.

View the CDC's recommended vaccines for adolescents on page 5 of this kit.

Always check with your doctor about what's right for your adolescent/teen and follow the schedule that they recommend for future exams and vaccinations. Remember to also check your medical benefit plan to know your coverage.



**If your plan uses a provider network, review your [summary of benefits and coverage](#) for network provider details.*

Vaccine Recommendations

Vaccines are recommended for children and adolescents based on age, health conditions and other factors. It is very important for you to track your child's vaccination records, especially if the state you live in requires certain vaccines for childcare or school. View [Finding and Updating Vaccine Records](#) and [Find Your Child's Immunization Record Through Your State's Immunization Information System](#) on the CDC website for more information.

Review your child and/or adolescent and teens immunization records against this recommended CDC vaccine schedule checklist. Missed any vaccinations and/or doses? Talk with your child's/teen's PCP about catching up—in most cases, it's not too late!

Note: [CDC recommends COVID-19 vaccination](#) for everyone 5 years of age and older to help protect against COVID-19.

2022 Recommended Immunizations for Children Birth Through 6 Years Old:

Birth

- Hepatitis B (HBV) (1st dose)

1-2 Months

- Hepatitis B (HBV) (1st dose)
- DTaP* (1st dose)
- Hib** (1st dose)
- Polio (IPV) (1st dose)
- Pneumococcal (PCV13) (1st dose)
- Rotavirus (RV) (1st dose)

3-4 Months

- DTaP* (2nd dose)
- Hib** (2nd dose)
- Polio (IPV) (2nd dose)
- Pneumococcal (PCV13) (2nd dose)
- Rotavirus (RV) (2nd dose)

5-6 Months

- DTaP* (3rd dose)
- Hib** (3rd dose)
- Polio (IPV) (3rd dose)
- Pneumococcal (PCV13) (3rd dose)
- Rotavirus (RV) (3rd dose)
- Influenza (Flu) (every year)

7-11 Months

- Influenza (Flu) (every year)

12-23 Months

- Chickenpox (Varicella) (1st dose)
- DTaP* (4th dose)
- Hib** (4th dose)
- MMR*** (1st dose)
- Polio (IPV) (3rd dose)
- Pneumococcal (PCV13) (4th dose)
- Hepatitis A (HepA) (1st dose)
- Hepatitis B (HepB) (3rd dose)
- between 6 months and 18 months
- Influenza (Flu) (every year)

2-3 Years

- Influenza (Flu) (every year)

5-6 Years

- DTaP* (5th dose)
- Polio (IPV) (4th dose)
- MMR*** (2nd dose)
- Chickenpox (Varicella) (2nd dose)
- Influenza (Flu) (every year)

*DTaP combines protection against diphtheria, tetanus, and pertussis (whooping cough).

**Hib protects against *Haemophilus influenzae* type b.

***MMR combines protection against measles, mumps, and rubella.

2022 Recommended Immunizations for Children 7-18 Years Old

7-10 Years

- Influenza (Flu) (annually)
- Human Papillomavirus (HPV) – **two doses**

Although recommended for ages 11-12, the HPV vaccine can be given as early as age 9 to help protect girls and boys from HPV infection and cancers caused by HPV. Talk with your child's doctor.

11-12 Years

- Meningococcal meningitis (one dose of Meningococcal)
- HPV (two doses) – if not already completed
- Tetanus, diphtheria, and whooping cough (pertussis) (one dose of Tdap vaccine)
- Influenza (Flu) (annually)

13- 18 Years

- Influenza (Flu) (annually)
- Meningococcal meningitis (Meningococcal booster)

For more information on CDC's recommended vaccines, visit:

- [Vaccines By Age](#)
- [2022 Recommended Immunizations for Children from Birth Through 6 Years Old](#) (printable)
- [2022 Recommended Immunizations for Children 7-18 Years Old](#) (printable)
- [HPV Vaccine](#)
- [Immunization Action Coalition \(IAC\)](#)
- [TeensHealth](#) (HPV Vaccine)

Sports Knowledge Quiz

This fun trivia is sure to help you and your kids learn more about the world of sports! Have a friendly competition to see who can answer the most correctly. (*Answers can be found at bottom of page 7*)

1. True or false? The diameter of a basketball hoop is 18 inches?
2. The Olympics are held every how many years?
 - a. 4
 - b. 2
 - c. 6
3. An average golf ball has how many dimples?
 - a. 288
 - b. 183
 - c. 336
4. What is the most watched sport in the world?
 - a. Tennis
 - b. Soccer
 - c. Basketball
5. True or false? Hockey pucks are frozen before each game.
6. True or false? The hockey Stanley Cup was once used as a cereal bowl.
7. A baseball is bound together by ____ hand-stitched double stitches through cowhide leather?
 - a. 162
 - b. 204
 - c. 108
8. What team won the first Super Bowl?
 - a. Dallas Cowboys
 - b. Kansas City Chiefs
 - c. Green Bay Packers.
9. True or false? There are more than 8000 sports in the world.
10. True or False. Venus has won more Grand Slam titles than her sister, Serena?
11. What is the only country to play in every soccer World Cup?
 - a. Germany
 - b. Mexico
 - c. Brazil
12. How tall is the tallest NBA basketball player?
 - a. 7 ft 7 in
 - b. 6 ft 9 in
 - c. 7 ft. 4 in

Health Resources

Resources are open to all, regardless of insurance, unless noted.*



Children

General information

- [AAP: Healthy Children](#)
- [Kids Health](#)
- [WebMD: Health guide](#)

Behavior and development

- [Children with Special Care Health Needs](#)
- [CDC: ADHD](#)
- [CHADD: ADHD Resource](#)

Autism

- [CDC: Autism](#)
- [Autism Speaks](#)

Allergy/Asthma

- [Allergy/Asthma](#)
- [Food Allergy and Anaphylaxis Network](#)

Adolescents & Teens

Sexually transmitted infections

- [CDC: STDs](#)
- [American Sexual Health Association](#)
- [Learn more about STIs](#)

Depression, mental health & addiction

- [WellFirst Health: Behavioral Health*](#)
- [NIH: Mental health medications](#)
- [NAMI: Mental health professionals](#)
- [WellFirst Health: Depression](#)

Medication safety

- [FDA: Take as prescribed](#)
- [NIH: Misuse and addiction](#)
- [FDA: Safe disposal](#)
- [Learn more about medication safety](#)

Healthy relationships

- [Help Guide: Bullying](#)
- [U.S. HHS: Adolescent health](#)
- [Healthychildren.org](#)
- [Raising Children Network](#)
- [AACAP: Stress management](#)
- [Learn about healthy relationships](#)