

# Children, Adolescent + Teen Preventive Care

This month's focus is on well-child visits, adolescent and 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. Your summer schedule probably gets busy, so check now to make sure your child's healthcare is on-track and they're ready for the next school year.

Always check with your child's health care provider and follow the schedule that they recommend for future exams and vaccinations.

**Learn more** with these activities:

**No. 1: Preventive care**

**No. 2: Vaccine recommendations**

**No. 3: Sports physical and quiz**

**No. 4: Resources**



**In 2022, only 45.9% of children aged 6 months to 17 years had received an influenza vaccine in the past the past year.** [source](#)

**?** **Questions?** Email [wellness@medica.com](mailto:wellness@medica.com)

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# Health disparities

“Health disparities” are preventable differences in health among different social or racial groups. Health Disparities are a complex and challenging problem across the world. Social factors play the largest role in shaping the overall health of communities. For example, the ability to access healthcare, a safe living environment, racial equity, nutritious food, quality education, and supportive relationships free of discrimination are all incredibly important to your overall health.

Those who face health disparities often have a higher risk of missing growth milestones, missing important preventive care (including vaccinations), missing diagnoses, and more. Those who face health disparities also may have increased hospitalizations and emergency department use.

**Pediatricians say now is the time to catch kids up on vaccines and well-child visits. “While there has been improvement in kids getting the care they need... There are still delays in vaccinations, screenings, referrals, and general guidance to keep families healthy,” said Dr. Sarah Campbell, the President of Wisconsin’s state pediatrician organization.**

[Learn more and find resources to help you make sure your child is up to date.](#)

## Did you know?

- Who gets well-child/preventive visits have large racial and ethnic disparities: 71.1% of patients who identify as white were up to date with their well-child visits compared to 64.3% among those who identify as Hispanic/Latinx and 58.7% who identify as Black/African American. ([Source](#))

## Learn more:

- **Well-child visit resources:**
  - [Center for Disease Control and Prevention: Immunization schedules](#)
  - [Center for Disease Control and Prevention: Keeping track of records](#)
  - [Sanford Health: Well-child visits important for children of all ages](#)
- **Sports physical resources:**
  - [Cleveland Clinic: Sports physicals](#)
  - [SSM Health: School sports physicals](#)

# Activity 1: Preventive care

## Children's preventive care

Children and toddlers grow and change fast in early childhood. Routine visits with a health care provider help keep your child healthy and offer the chance for you to get regular updates on your child's health and development.

### Well-child visits

Well-child visits may also be called well-baby exams, well-child checks, or routine checkups. The American Academy of Pediatrics (AAP) 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\*:

- Monitor growth and development
- Discuss health concerns
- Discuss emotions, behavior, and safety
- Age-specific vaccinations, screenings, and tests
- Talking through any questions or concerns

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

### Childhood vaccinations

Vaccines help keep children safe from vaccine-preventable diseases, and approved vaccines are covered at no cost (\$0) to you when given by a network provider\*.



Here are [five reasons to vaccinate children](#):

1. Immunizations can save a child's life—just one example is diphtheria, which used to cause over 10000 deaths per year before routine vaccination protected our children (DTaP vaccine).
2. Vaccinations are rigorously tested to be sure they are safe and effective.
3. Immunity protects others who may not have access to vaccines.
4. Immunizations can save time and money by avoiding preventable illnesses.
5. Immunizations help protect future generations.

View the CDC's [recommended vaccines for children](#) (see page 5).

Always check with your child's health care provider about what's right for them and follow the schedule they recommend for future exams and vaccinations. And remember to 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 and teen preventive care

As teens mature from childhood through adolescence, their health care needs change. Having a good relationship with your health care provider can help with the transition.

### Annual preventive visit

Adolescents and teens should make an annual preventive visit with their provider 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 serious diseases now and into adulthood
- Offer advice on unhealthy behaviors
- Discuss nutrition, proper exercise, and safety measures
- 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 protect against deadly forms of meningitis and even cancer.

View the CDC's [vaccine recommendations for adolescents](#) (see page 6).

Always check with your child's health care provider about what's right for them and follow the schedule they recommend for future exams and vaccinations. And remember to 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.*

## Activity 2: Vaccine recommendations

Stay on track with your child's vaccines. Vaccines are recommended for children and adolescents based on age, health conditions, and other factors. It's important to track your child's vaccination records, especially if the state you live in requires certain vaccines for childcare or school. View [Keeping Track of 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's immunization records against this recommended CDC vaccine schedule checklist. Have you missed any vaccinations and/or doses? Talk with your child's/teen's provider about catching up—in most cases, it's not too late!

### 2024 recommended immunizations for children birth through six years old:

<b>Birth</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Hepatitis B (HepB) (1st dose)</li><li><input type="checkbox"/> Respiratory syncytial virus* (RSV-mAb) (1st dose)</li></ul>	<b>7-11 Months</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Hepatitis B (HepB) (3<sup>rd</sup> dose)</li><li><input type="checkbox"/> Influenza (Flu) (every year)</li><li><input type="checkbox"/> Respiratory syncytial virus* (RSV-mAb) (8 through 19 months) (1st dose)</li></ul>
<b>1-2 Months</b> <ul style="list-style-type: none"><li><input type="checkbox"/> DTaP &lt;7 years** (1st dose)</li><li><input type="checkbox"/> Hepatitis B (HepB) (2nd dose)</li><li><input type="checkbox"/> Hib** (1st dose)</li><li><input type="checkbox"/> Polio (IPV) (1st dose)</li><li><input type="checkbox"/> Pneumococcal (PCV13) (1st dose)</li><li><input type="checkbox"/> Rotavirus (RV) (1st dose)</li></ul>	<b>12-23 Months</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Chickenpox (Varicella) (1st dose) (12-18 months)</li><li><input type="checkbox"/> DTaP &lt;7 years** (4th dose)</li><li><input type="checkbox"/> Hib*** (4th dose)</li><li><input type="checkbox"/> MMR**** (1st dose)</li><li><input type="checkbox"/> Polio (IPV) (3rd dose)</li><li><input type="checkbox"/> Pneumococcal (PCV13) (4th dose) (12-18 months)</li><li><input type="checkbox"/> Hepatitis A (HepA) (2 doses) (minimum interval: 6 months at age 12–23 months)</li><li><input type="checkbox"/> Hepatitis B (HepB) (3rd dose) (6-18 months)</li><li><input type="checkbox"/> Influenza (Flu) (every year)</li></ul>
<b>3-4 Months</b> <ul style="list-style-type: none"><li><input type="checkbox"/> DTaP &lt;7 years** (2nd dose)</li><li><input type="checkbox"/> Hib*** (2nd dose)</li><li><input type="checkbox"/> Polio (IPV) (2nd dose)</li><li><input type="checkbox"/> Pneumococcal (PCV13) (2nd dose)</li><li><input type="checkbox"/> Rotavirus (RV) (2nd dose)</li></ul>	<b>2-3 Years</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Influenza (Flu) (every year)</li></ul>
<b>5-6 Months</b> <ul style="list-style-type: none"><li><input type="checkbox"/> DTaP &lt;7 years** (3rd dose)</li><li><input type="checkbox"/> Hib*** (3rd dose)</li><li><input type="checkbox"/> Polio (IPV) (3rd dose) (6-19 months)</li><li><input type="checkbox"/> Pneumococcal (PCV13) (3rd dose)</li><li><input type="checkbox"/> Rotavirus (RV) (3rd dose)</li><li><input type="checkbox"/> Influenza (Flu) (every year)</li></ul>	<b>4-6 Years</b> <ul style="list-style-type: none"><li><input type="checkbox"/> DTaP &lt;7 years** (5th dose)</li><li><input type="checkbox"/> Polio (IPV) (4th dose)</li><li><input type="checkbox"/> MMR**** (2nd dose)</li><li><input type="checkbox"/> Chickenpox (Varicella) (2nd dose)</li><li><input type="checkbox"/> Influenza (Flu) (every year)</li></ul>
<b>6 Months and older</b> <ul style="list-style-type: none"><li><input type="checkbox"/> COVID vaccination</li></ul>	

\*Respiratory syncytial virus (RSV-mAb) Dose 1 may vary depending on maternal RSV vaccination status prior to delivery and/or special situations.

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

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

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

## 2024 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 provider.

### 11-12 Years

- Meningococcal meningitis (1st dose)
- HPV (two doses) – if not already completed
- Tetanus, diphtheria, and acellular pertussis (whooping cough) (Tdap) (One dose)
- Influenza (Flu) (annually)

### 13-18 Years

- Influenza (Flu) (annually)
- Meningococcal meningitis (2nd dose)

### 6 Months and older

- COVID vaccination

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

- [Vaccines by age](#)
- [2024 recommended immunizations for children from birth through 18 years old](#) (printable)
- [HPV vaccine](#)
- [Immunization Action Coalition \(IAC\)](#)
- [TeensHealth](#) (HPV Vaccine)

## Activity 3: Sports physicals and quiz

A sports physical is an exam to help determine if it's safe for an athlete to play in a sport. In comparison, an annual preventive visit is a more comprehensive exam focused on your child's overall health and health needs. Your child's health care provider may do both at a preventive visit. Schedule a sports physical if your child is due, then test your knowledge by taking the 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 are at the bottom of the last page.)*

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. 183
  - b. 288
  - 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 how many hand-stitched double stitches through cowhide leather?
  - a. 108
  - b. 162
  - c. 204
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

# Activity 4: Resources

You have resources available no matter what obstacle/challenge you may be facing as a parent or what your child or teen might be experiencing. Here's a few good places to start if you're looking for help. Resources are open to all unless noted\*.



## Children

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### General information

- [The AAP parenting website](#)
- [KidsHealth](#)
- [WebMD's Children Health Resource Center](#)

### Behavior and development

- [Children and youth with special health care needs](#)
- [ADHD](#)
- [CHADD \(Children and Adults with ADHD\)](#)

### Autism

- [Autism Spectrum Disorder \(ASD\)](#)
- [Autism Speaks](#)

### Allergy/Asthma

- [American Academy of Allergy, Asthma & Immunology](#)
- [Food Allergy Research & Education \(FARE\)](#)

## Adolescents and teens

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### Sexually transmitted infections

- [How you can prevent STDs](#)
- [STIs A to Z](#)

### Depression, mental health, and addiction

- [Medica: Behavioral health\\*](#)
- [Mental health medications](#)
- [Types of mental health professionals](#)

### Medication safety

- [Drug misuse and addiction](#)
- [Safe disposal of medications and medical supplies](#)
- [Medica: Safe medication use](#)

### Healthy relationships

- [Bullying](#)
- [Adolescent health](#)
- [How to communicate with and listen to your teen](#)
- [Stress management and teens](#)
- [Medica: Healthy adolescent relationships](#)