Immumizations help keep kids and teenagers healthy, and are considered part of a complete checkup. The American Medical Association and American Academy of Pediatrics recommend that everyone between ages 11 and 21 receive annual checkups or “well visits” to address physical and mental health. Parents can also use this time to get health guidance from the health care provider.

A well visit should include screenings of the following:

- Vision and hearing
- Height and weight (Body Mass Index)
- Blood pressure

Adolescent well visits should also include an assessment of:

1. School performance
2. Drinking, drugs and smoking
3. Depression and suicide risk
4. Sexual health/sexual activity
5. Diet, exercise and weight management
6. Preventing injuries
7. Medications
8. Immunizations

If you do have health insurance …

Healthy Kids provides health coverage for uninsured Oregon children and teens up to 19 years of age. Call your insurance company to find out what they cover. Different health insurance policies have different levels of coverage for well visits, including how often they can occur.

The Oregon Health Plan (OHP) does cover well visits. For more information call:

**OHP Client Services:** 1-800-273-0557

If you don’t have health insurance …

Oregon-certified School-Based Health Centers provide adolescent well visits. Here are some resources to find out more:

**Oregon SafeNet:** 1-800-SAFENET (723-3638) www.oregonsafenet.org

**Healthy Kids:** 1-877-314-5678 www.oregonhealthykids.gov

**List of Oregon Safety Net Clinics**

I scheduled my adolescent’s checkup on __________________________ at __________________________

Resources for Parents and Teens

**Public Health**
Adolescent Health Section
www.oregon.gov/DHS/ph/ah

**TeensHealth**
www.teenshealth.org

**Parent-Teen Online Magazine**
www.parent-teen.com