



# Checking In on Your Young Teen's Health

Tips and Information on Your Teen's Yearly Wellness Checkups and Immunizations

# Yearly Wellness Checkup

As a parent/guardian, you probably consider keeping your teen healthy a very high priority. A great way to do this is with a yearly wellness checkup. Your teen's doctor will not only look at their physical health but will also make sure their mental and social health are doing well too. These visits are also the best chance to catch any abnormal health issues at the earliest stages, when they may be easier to treat.

## So what should you expect during a wellness checkup for your teen?

Here are a few topics that will likely be covered during that visit:

- Immunizations (see the next page for more information on immunizations).
- Importance of sleep.
- Nutrition and healthy eating.
- Physical activity and weight management.
- Chronic condition management (asthma, for example).
- Social development.
- Mental health.



Yearly wellness checkups are a great one-stop shop to check on your teen's physical, mental and social health, but these visits are also a great time to get any health evaluations completed for the coming school year and any sports.

Three important things to remember to do:

- ✓ Call the number on the back of your health plan ID card or your doctor's office to check when your teen is eligible for their next wellness checkup.
- ✓ Schedule a yearly wellness checkup.
- ✓ Ask your provider to complete any forms needed for school or sports during the wellness checkup.

# Immunizations

Vaccines are a great tool to be proactive in keeping your teen healthy and helping them fight against certain diseases. To get a better understanding of when your teen should get certain vaccines, use this immunization schedule from the federal Centers for Disease Control and Prevention.

## Older children and teens need vaccines too!

2024 Recommended Immunizations for Children 7–18 Years Old

Want to learn more?  
Scan this QR code to find out which vaccines your child might need. Or visit [www.cdc.gov/vaccines/tool/teen.html](http://www.cdc.gov/vaccines/tool/teen.html)



RECOMMENDED VACCINES	7 YEARS	8 YEARS	9 YEARS	10 YEARS	11 YEARS	12 YEARS	13 YEARS	14 YEARS	15 YEARS	16 YEARS	17 YEARS	18 YEARS
HPV			ALL children in age group can get the vaccine		ALL children in age group should get the vaccine							
Tdap <sup>1</sup>					ALL children in age group should get the vaccine							
Meningococcal ACWY					ALL children in age group should get the vaccine							
Meningococcal B										SOME children in age group should get the vaccine		
Influenza/Flu	Every year. Two doses for some children		Every year									
COVID-19	At least 1 dose of updated (2023–2024 Formula) COVID-19 vaccine											
RSV							If pregnant during RSV season					
Mpox												SOME children in age group should get the vaccine
Dengue			ONLY if living in a place where dengue is common AND has laboratory test confirming past dengue infection									

<sup>1</sup> One dose of Tdap is recommended during each pregnancy

**KEY**

- ALL children in age group should get the vaccine
- SOME children in age group should get the vaccine
- ALL children in age group can get the vaccine
- Parents/caregivers should talk to their health care provider to decide if this vaccine is right for their child

**Talk to your child's health care provider for more guidance if:**

1. Your child has any medical condition that puts them at higher risk for infection or is pregnant.
2. Your child is traveling outside the United States.
3. Your child misses any vaccine recommended for their age or for babies and young children.



**FOR MORE INFORMATION**  
Call toll-free: 1-800-CDC-INFO (1-800-232-4636)  
Or visit: [www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents)



# Vaccinating Against HPV

HPV (human papillomavirus) is an infection that is commonly spread through skin-to-skin contact. An infection could result in certain types of cancer for your teen later in life if they are not vaccinated. Early vaccination is the best way to keep your teen safe because it gives their body a chance to build up a defense system long before they are likely to be exposed to the virus.

Early vaccination could also mean fewer recommended doses for your teen. It is recommended that your teen gets their first dose at age 11 or 12, followed by a second dose six to 12 months after the first. However, if they receive their first dose on or after their 15th birthday, then they will need three doses of the vaccine to be fully protected. When is the best time to start the vaccine series, and whether your teen may need three doses regardless of starting age, should be discussed with their doctor.

For more information about the HPV vaccine, Gardasil<sup>®</sup>, visit [gardasil9.com/adolescent](http://gardasil9.com/adolescent).

For a vaccine schedule from Gardasil, visit [gardasil9.com/adolescent](http://gardasil9.com/adolescent) and navigate to the vaccine schedule.

For more information on HPV infections, the vaccine and cancers caused by HPV, visit [cdc.gov/hpv/parents/index.html](http://cdc.gov/hpv/parents/index.html).

