



Checking In on Your Young Adult's Health

Tips and Information on Your Young Adult's Yearly Wellness Checkups and Immunizations

Yearly Wellness Checkup

Your child has reached an age where they are about to be or already are a young adult. But no matter how old they are, as their parent/guardian, you will always have their health high on your priority list. There are a lot of great ways to ensure your young adult is healthy, but one of the best ways is by encouraging them to complete a yearly wellness checkup. These visits are also the best chance to catch any abnormal health issues at the earliest stages, when they may be easier to treat.

For young adults, not only is it important to have their physical health evaluated but also to make sure that their mental and social health are doing well too. So what should you expect during a wellness checkup for them? 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.



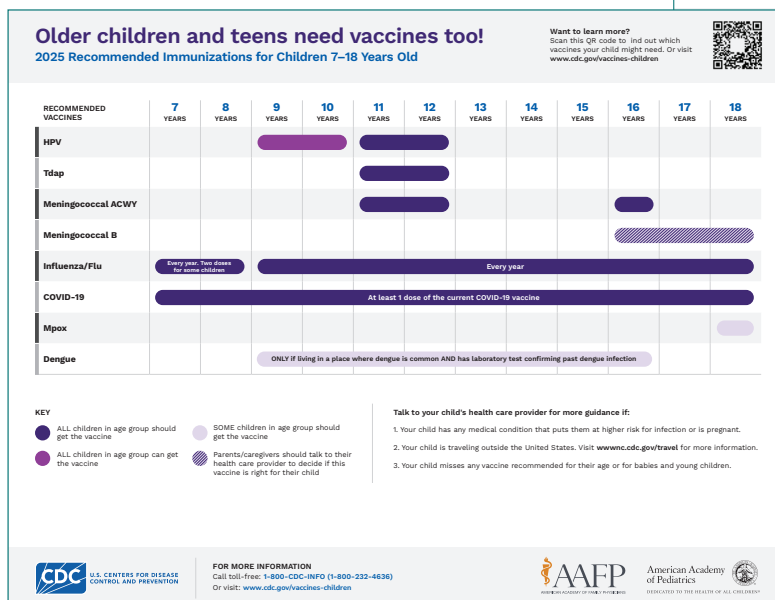
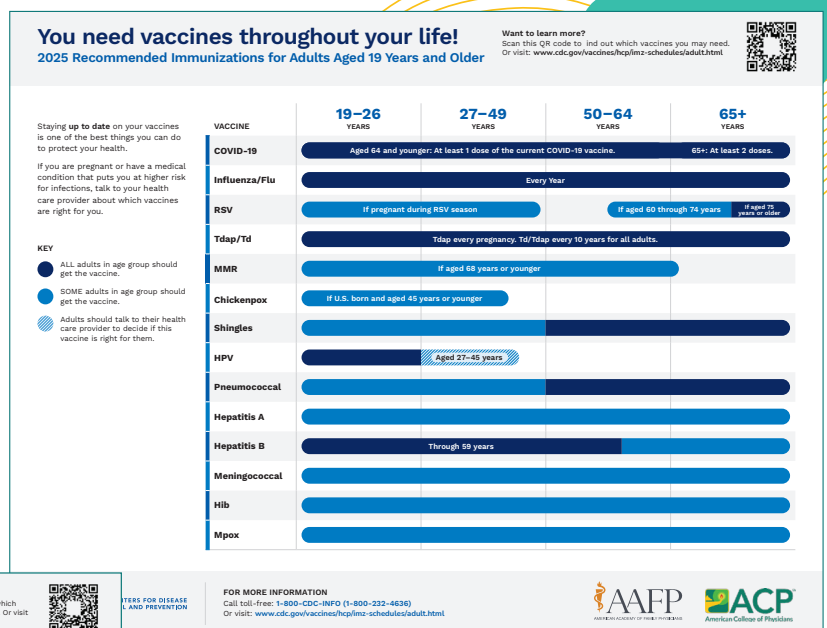
Yearly wellness checkups are a great one-stop shop to check on your young adult's physical, mental and social health, but these visits are also a great time to get any health evaluations completed for the coming school year, especially if they are about to enter college, or for sports.

Three important things to remember to do:

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

Immunizations

Vaccines are a great tool to be proactive in keeping healthy and helping to fight against certain diseases. Whether your young adult is in high school or college, being vaccinated against disease will keep them and those around them safe. If they are about to start college, make sure they know which vaccines are required before attending. Certain vaccines are recommended at different ages, so use this immunization schedule from the CDC to see when it's time for a vaccine:



Vaccinating Against HPV

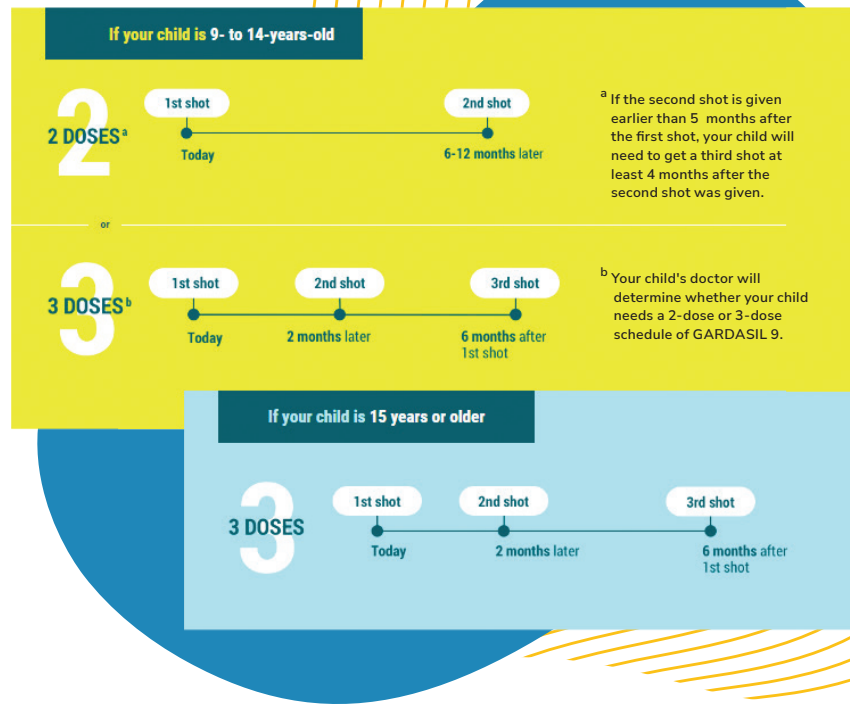
HPV (human papillomavirus) is an infection that is commonly spread through skin-to-skin contact. An infection could result in certain types of cancer for your young adult later in life if they are not vaccinated. Now that they have reached at least the age of 15, they will need three doses of the HPV vaccine to be fully protected. Although early vaccination is the best way to be protected, they can still get vaccinated against HPV until age 26.



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

For more information about the HPV vaccine, Gardasil®, visit [gardasil9.com/adolescent/](https://www.gardasil9.com/adolescent/).


GARDASIL® 9
Human Papillomavirus 9-valent Vaccine
(Recombinant, adsorbed)



hally®