



Minnesota Department of Health
Minnesota Department of Human Services



or



651-431-5655

dhs.childteencheckups@state.mn.us

Great websites to check out:

www.getctc.com/resources

www.kidshealth.org/en/teens

**For help finding a clinic
or making an appointment:**

Call your health plan or your local county
or tribal Child and Teen Checkups staff
for:

- Health insurance or Medical Assistance
- Help finding a clinic, doctor or dentist
- Getting a ride to the clinic
- Getting an interpreter for the checkup



Getting the most
out of every checkup:

15 to 17 years



Every age, even teenage!

Getting a Child and Teen Checkups appointment **every year** helps your teen get what is needed as a young person and helps you get what you need as the one who cares for your teen.

What can you expect at each checkup?

- A chance to ask your questions
- Reliable health information
- **Your teen has the option to talk to their doctor or nurse on their own and start taking charge of their own health!**
- A check of growth and heart health
- A head-to-toe exam
- A chance to check in about mental health, sexual health and relationships, stress and coping, and substance use
- Immunizations and blood tests if needed
- A referral to a dentist



- Referrals or help for family needs, like:
 - Food, housing and utilities
 - Money or job resources
 - Help with safe relationships, mental health or substance use

Look over the Teen card together and help your 15- to 17-year-old plan what to talk about at their checkup.

What next?

Call your teen's clinic today and ask for a Child and Teen Checkups appointment (a well-child check).

A checkup is recommended **every year** at this age and is covered by your insurance.

The doctor or nurse can sign any forms your teen needs for sports, camp or other activities.

