

Well-Child Checkups 12 to 21 Years Old

What is a Well-Child Checkup?

A well-child checkup is a visit to your child's Primary Care Provider (PCP) when your child is not sick. A well-child checkup lets you and the PCP know that your child is growing properly. It gives you the chance to ask the PCP about your child's growth and development. It also gives the PCP the chance to find problems before they become serious. And it gives your child the chance to talk to the PCP about peer pressure, stress, or anything else that your child would like to discuss.

During a well-child checkup, the PCP:

- Does a complete physical exam
- Checks your child's development (including height and weight) and nutrition
- Checks your child's vision, hearing, and teeth
- Gives shots (immunizations) as needed
- Orders lab work as needed
- Gives you health information about your child

Well-Child Checkup Schedule

At this age, your child should have **one well-child checkup each year**. Call your child's PCP to make an appointment if your child is due for a well-child checkup.

Shots (Immunizations)

During this age range, your child will need additional shots to stay healthy. Your child should have all these shots. Please call your child's PCP if you have questions about what shots your child needs.

Shots Needed as a Teenager	
Name of Shot	Number of Shots
Tetanus, Diphtheria, Pertussis (Tdap)	1
Meningococcal (MCV4)	1
Human Papillomavirus (HPV) (girls only)	3

Please call your teen's PCP if you have questions about your teen's care.

Need more help?
Call Integral Quality Care at 1-866-258-4326