

Being healthy: ages 12 to 21

Child and Teen
Checkups 

Get a health exam and learn how to stay physically and emotionally healthy and fit.

Schedule a Child and Teen Checkups (C&TC) visit because your health matters! You can ask questions at your C&TC visit and get more information about what is important to you—from general health concerns to nutrition, fitness, sexual health, and how to reduce risk of injury and illness.

What is a Child and Teen Checkups (C&TC) visit?

A C&TC visit is preventive health care and a full wellness checkup. The visit is covered by Medical Assistance at no cost to you or your parents. It includes a head-to-toe exam, screenings, risk assessments, one-on-one time with the health care provider and a chance to talk about any health concerns. Your health care provider will help you understand and work through any treatment needs before they may become serious.

What happens during a visit?

You get a complete exam, and, depending on your age, immunizations and lab tests may also be included. Your health care provider can work with you on health goals like good nutrition, physical fitness, and a healthy lifestyle. You can also talk confidentially about sexual health, mental health, and substance use.

Talk with your health care provider about any questions and concerns you have; your provider is there to help you. If you are having a health issue that requires more care, your health care provider can help you get the services you need.

How often should I have a C&TC visit?

Even if you are not sick, checkups are important to stay healthy. Teens and young adults should have a checkup every year or more often if needed. Now is an important time to start taking charge of your own health and to learn more about how to navigate the health care system on your own.

Where can I get a C&TC visit?

You can get a C&TC visit from your health care provider or from a community clinic. Your local public health or tribal health agency can give you a list of clinics in your area. If you are enrolled in a health plan, you must get your C&TC visit from a provider in your plan. Call the number on the back of your health plan card if you have questions.

How much does it cost?

C&TC visits are FREE for you, if you have Medical Assistance..

**It is your choice. Get the facts.
Make healthy decisions.
Take charge of your own health.
Get a C&TC visit!**



Minnesota Department of Health
Minnesota Department of Human Services

651-431-2916

Attention. If you need free help interpreting this document, call the above number.

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သတိ။ ဤစာရွက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ အထက်ပါဖုန်းနံပါတ်ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមហៅទូរស័ព្ទតាមលេខខាងលើ ។

請注意，如果您需要免費協助傳譯這份文件，請撥打上面的電話號碼。

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

විද්‍යාලිකව: ඔබගේ සෞඛ්‍ය සේවකරුවන්ගෙන් මෙම ලේඛනයේ අර්ථය පිළිබඳව විමසීමට ඔබට අවස්ථාව ඇත.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

ໂປຣຄຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ພຣີ, ຈົ່ງໂທສະໄປທີ່ໝາຍເລກຂ້າງເທິງນີ້.

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Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda (afcelinta) qoraalkan, lambarka kore wac.

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Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.

LB2 (10-20)



For accessible formats of this information or assistance with additional equal access to human services, write to dhs.childteencheckups@state.mn.us, call 651-431-2916, or use your preferred relay service. ADA1 (2-18)