



Minnesota Department of Health
Minnesota Department of Human Services



or

No English?

651-431-2916

dhs.childteencheckups@state.mn.us

Great websites to check out:

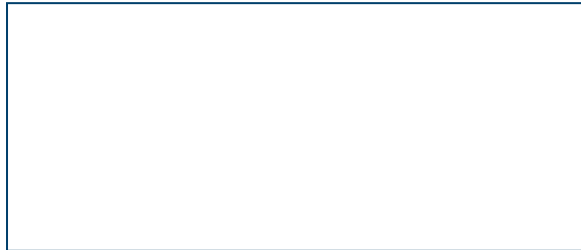
- www.healthychildren.org
- www.kidshealth.org/en/teens
- www.health.state.mn.us/people/adolescent/youth/index.html
- www.211unitedway.org

For help finding a clinic or making an appointment:

www.freechildcheckups.com

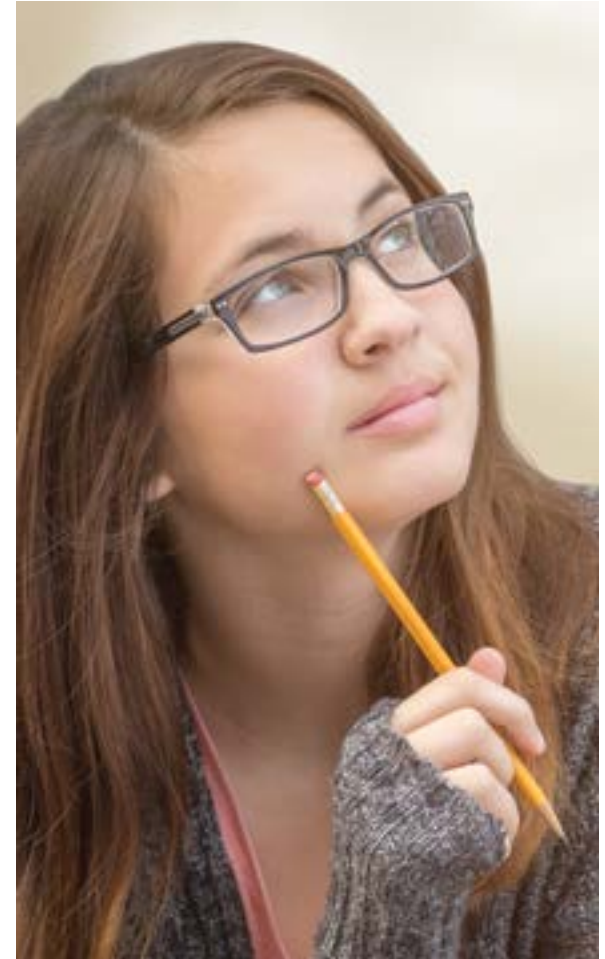
Call your health plan or your local county or tribal Child and Teen Checkups staff for:

- 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 your child's checkups

11 to 14 years



Your 11- to 14-year-old is changing, that's for sure!

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

What can you expect at each checkup?

- A chance to ask your questions
- Reliable health information
- A check of growth and heart health
- A head-to-toe exam
- **Your child has the option to talk to their doctor or nurse on their own and start taking charge of their own health!**
- 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 Youth Card together and help your 11- to 14-year-old plan what to talk about at their checkup.

What next?

Call your child'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 child needs for sports, camp or other activities.

