



Minnesota Department of Health
Minnesota Department of Human Services



or

No English?

651-431-2916

dhs.childteencheckups@state.mn.us

A little more information online:

www.gottransition.org/youth-and-young-adults

www.health.state.mn.us/people/adolescent/youth/index.html

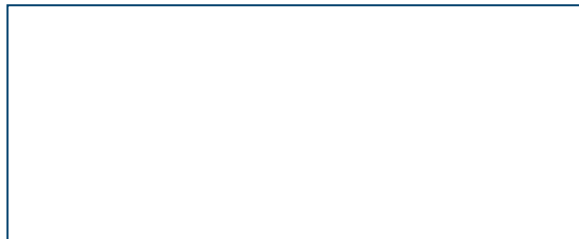
www.211unitedway.org

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

<https://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

18 to 20 years



Young adult health

Getting a wellness checkup **every year** isn't just for kids...

Child and Teen Checkups benefits are still yours until you turn 21!

What can you expect at each checkup?

- A chance to ask your questions—about anything
- Reliable health information
- Help toward your health goals
- A head-to-toe physical exam
- A checkup on mental health, sexual health and relationships, stress and coping, and substance use
- Immunizations and blood tests if you need them
- A referral to a dentist
- Referrals or help with other life issues, like:
 - Food, housing and utilities
 - Money, school and jobs
 - Safe relationships, mental health or substance use



What next?

Call your clinic today and ask for a Child and Teen Checkups appointment (a yearly checkup).

A checkup is recommended **every year** as a young adult and is covered by your insurance.

Too old for that kid clinic you used to go to? See the back side of this brochure for help finding your new health care provider.

What's different now?

Starting at age 18, your health information will not be shared with your parents or guardian. What you share with them is your choice.

Legally, you are now in charge of your own health and visit. Ask your questions, talk about your health goals, and get what you need.

