



Helping your **teen take charge** of their own health.



Western Health Advantage
in partnership with your doctor

Schedule your child's **annual checkup** >>>

Importance of a wellness exam

As children become teenagers, they want to take charge. Help your teen take charge of their own health. A wellness exam is an opportunity for your doctor and teenager to talk about physical and mental health. Your doctor can discuss topics like sports, balanced diet, eating regular meals, good sleep habits, self-image and school performance. Doctors use this time to look for hidden health problems before they become serious. Sometimes the doctor will request lab-work and x-rays. Most importantly, your teen can get caught up on life-saving immunizations.

Schedule your teen's annual wellness exam today

Talk to your teen about what to expect and encourage them to talk openly to their doctor about any health concerns. Today's teens can be under a lot of pressure, and the wellness visit offers a trusted space to identify early signs of anxiety or depression.

Keep in mind, the annual wellness exam is a preventive health visit, so it is available to you at **no cost as part of your WHA health plan.***

*Annual wellness exam, preventive screenings, and vaccinations are at no cost to members as part of your WHA health plan. Coverage for WHA services depends on eligibility at the time of service.





Teens need recommended vaccines

The pandemic has shown that vaccines save lives. Many vaccines given in childhood need a booster during teenage years. The teenage booster dose completes the series and gives protection for life. If you fell behind schedule with vaccinations, it's never too late to catch-up and protect your teen's health.

Teens are at high risk for preventable diseases and the following vaccines are needed:

- ✓ **Tdap:** Protects from tetanus (a paralyzing illness you can get from say, a scrape on a rusty fence), as well as diphtheria and pertussis (which cover the lungs in mucus and scars causing life threatening shortness of breath)
- ✓ **Meningococcal:** Protects against infections that can cause permanent brain damage and death
- ✓ **HPV:** Protects against cervical cancer, other cancers, and genital warts

During the exam, talk to your doctor about the COVID-19 vaccine and other vaccines needed to stay healthy, including the annual flu shot. **Recommended vaccines are included as part of your health plan at no additional cost to you.***

Visit >>> mywha.org/teen to sign up for our e-newsletter



Western Health Advantage

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and sign up for our e-newsletter**

Request additional resources in print by calling 916.563.2250, 888.563.2250 or 888.877.5378 (TTY) or emailing memberservices@westernhealth.com.

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