



Set your child up to be a *healthy teen*

Make sure your child is up to date on all of their vaccines. Schedule a well-care visit today.

Your guide to keeping your adolescent up to date and healthy

As your child grows, annual well-care visits can help you keep up with their vaccines to protect them from diseases.

What your adolescent needs from ages 9 to 12

- Annual well-care visits
- At least one dental exam per year
- Some or all doses of these vaccines:
 - Tetanus, diphtheria toxoids and acellular pertussis (Tdap)
 - Meningococcal conjugate (MenACWY-D)
 - Human papillomavirus (HPV)
 - Annual flu shots

Know that it's just as important to finish a vaccine series as it is to start it – make sure your child gets all recommended doses of their vaccines.

What to discuss with your child's provider

- Growth and development
- Maintaining healthy habits such as healthy eating, consistent sleep, and staying physically active
- Social and emotional health

To learn more your adolescent's health plan benefits, visit eocco.com/members/benefits-overview/ages-under-12.

Schedule a well-care visit with your adolescent's provider today. Talk to them about how to keep your growing child healthy.

Questions?

We're here to help. Please call our customer service team at **888-788-9821** (TTY users, please dial 711) or email us at EOCCOmedical@eocco.com.



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