

Childhood wellness eocco.com

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.



Eastern Oregon Coordinated Care Organization must follow state and federal rights laws. We cannot treat people unfairly in any of our services or programs because of a person's age, color, disability, gender identity, marital status, national origin, race, religion, sex or sexual orientation. ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 888-788-9821 (TTY: 711). 注意:如果您口中文,可得到免费語言幫助服務。請致電 888-788-9821 (壁啞人專用: 711.