



Preteen and Teen Well Checkups (11 to 18 years old)

It is important to continue scheduling regular checkups for your pre-teen and teen. Your child will go through many changes during these years, both physically and emotionally. Your child's doctor can monitor those changes and make sure that your child is growing up healthy.

To locate a doctor for your child, call your child's Managed Care Organization (MCO). If not in an MCO, go to the Department of Medical Assistance Services (DMAS) website at www.dmas.virginia.gov and click on the "Search for Providers" link.

FAMIS is a program of the Commonwealth of Virginia

RVSD 0207

CHILD'S NAME _____

Child's Doctor _____

Doctor's Address _____

Doctor's Phone _____

Doctor's FAX _____

12-YEAR CHECKUP

Date _____

Doctor _____

Age in years _____ Months _____

Height _____

Weight _____

Comments _____

14-YEAR CHECKUP

Date _____

Doctor _____

Age in years _____ Months _____

Height _____

Weight _____

Comments _____

16-YEAR CHECKUP

Date _____

Doctor _____

Age in years _____ Months _____

Height _____

Weight _____

Comments _____

18-YEAR CHECKUP

Date _____

Doctor _____

Age in years _____ Months _____

Height _____

Weight _____

Comments _____

Healthy Teeth

It is also important to schedule regular dental checkups for your child to help maintain healthy teeth. Dental benefits are covered by FAMIS through the Smiles For Children program.

To keep teeth healthy:

- Your child should visit the dentist every six months
- Remind your child to brush and floss daily and practice good food choices
- Encourage your child to wear a mouth guard when playing sports

For questions or to find a participating dentist in your area, call Smiles For Children at 1-888-912-3456.

1-866-87FAMIS
1-866-873-2647
www.famis.org



What to expect at a well-child checkup

Developmental Assessment

Your doctor will ask questions and talk to you both about:

- Home life
- School performance
- Peer pressure
- Safety and good health habits
- Nutrition and exercise
- Risky behaviors such as tobacco, alcohol and drug use, and sexuality

Shots (Immunizations)

- Booster shots
- Previously missed shots
- For girls, your doctor may talk about the HPV vaccine

