

## Tips for Teens

Being a teenager isn't always easy. On top of school work, families and friends, you may be faced with some tempting activities. A few facts about these topics can be found below:

### Drugs & Alcohol

Using drugs and alcohol can cause social, school, memory, physical and legal problems. It also causes changes in brain development and disruption of normal growth and sexual development.

### Smoking

Smoking can have lasting effects on your health and can interfere with school, sports and friends. It harms nearly every organ in the body. 1 in 5 deaths each year is caused by the bad health effects of cigarette smoking. Be a smoke-free teen! For more information on how to quit visit <http://teen.smokefree.gov/>

## Staying Healthy

While "health" may not be the first thing you think of when you see the below topics, they do have an impact on your health and wellbeing.

### Texting while Driving

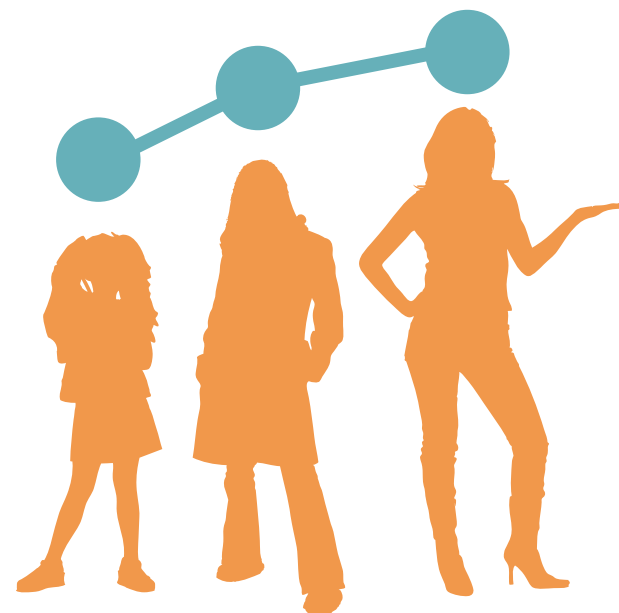
In 2010, 1 in 5 crashes was caused by a distracted driver. Texting while driving is the most alarming distraction because it requires cognitive, visual and manual attention from the driver.

Texting while driving creates a crash risk 23 times worse than driving while not distracted.

### Unprotected Sex

Abstaining from sex is the best way to avoid unplanned pregnancy, STD's and HIV. Protect yourself and know the risks involved. If you experience peer pressure, always remember your right to say "NO."

watch me grow!



*We Make Healthy Living Easy!™*



### Contact Us

Monday-Friday, 8:00 am - 5:00 pm  
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Medical Management  
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A preventative health program supporting adolescents, teenagers and young adults with regular physical checkups, immunizations, health education and information to safely enter adulthood.

**11 to 20 years**

# watch me grow!

Watch me grow! is a periodic screening, diagnosis and treatment program offered to kids of all ages by Virginia Premier Health Plan. This brochure talks about immunizations and topics for adolescents, teens and young adults.

## Did you know...

Teens and young adults need well check-ups as they grow, even if they are not sick.

## What are "well check-ups"?

Well check-ups are doctor visits that can help to detect and prevent health problems.

## How much do they cost?

As a Virginia Premier member, you are eligible for free well check-ups.

## What happens when I enroll in the program?

Our Medical Management team reminds Virginia Premier members to get well visits and immunizations done at various times throughout the year. You may receive a reminder by mail or by phone.

## When should we get these check-ups?

Well check-ups are recommended at the following ages:

- 12 Years
- 14 Years
- 16 Years
- 18 Years
- 20 Years

## At your well check-ups...

Doctors can answer your questions and talk to you about good health habits, nutrition/exercise, drugs and alcohol, smoking, peer pressure, sexual behavior, school performance, home life and if you are feeling depressed.

## Annual Physical

If you play sports be sure to get your annual physical. Your adolescent and teen years are the perfect time to stay active. You should get at least 60 minutes of physical activity a day. Be sure to see your doctor to make sure you are healthy enough to be as active as possible!



## Immunization Schedule

Below is a list of recommended immunizations everyone should have:

**Meningococcal:** first dose at 11-12 years

**Human Papillomavirus (HPV) 3-dose vaccine series for boys & girls:** 11-12 years

**Tetanus:** 11-12 years

**Diphtheria:** 11-12 years

**Pertussis (Tdap):** 11-12 years

**Meningococcal Booster Dose:** 16 years

**Influenza:** annually as instructed by your doctor (those with asthma or other medical conditions must consult their doctor for instructions).

## Sexually Transmitted Diseases (STDs)

STDs spread easily because you often cannot tell if someone has the infection.

At least 50% of people will get HPV at some point in their lives. Many people do not show signs and symptoms of HPV.

Unprotected sexual activity puts you at risk for STDs.