

Adolescent Wellness Care

Ages 11-17



Adolescent Well-Care

Well-care visits are essential for staying healthy and are recommended annually for adolescents ages 11 to 17 years. Dedicated time with a health care provider allows an opportunity to discuss growth and developmental needs.

This is a once-a-year check-up. These visits are important for all ages and can include a complete physical examination, a nutritional evaluation, age-appropriate health screenings for safety, tobacco use and coping skills, and advice for getting or staying healthy.

The health care provider will record height, weight, and other important information. Vision screenings and blood tests may be part of the visit. Pregnancy prevention and counseling are available at each well-care visit, as well as screenings for sexually transmitted infections.

Regular check-ups, the right screening tests, and a healthy lifestyle can help prevent or detect life-threatening chronic diseases such as heart disease, diabetes, and cancer.

Immunizations

Immunizations remain an important part of adolescent well-care. Recommended immunizations include human papillomavirus (HPV), meningococcal (MCV), influenza (flu), tetanus, diphtheria and pertussis (Tdap or Td).

Flu shots are offered each year October-March. Some locations offer flu clinics throughout the season. Flu shots are also available by appointment during these months.

Immunization Schedule

Tdap or Td	By age 13
MCV	By age 13
HPV	3 doses by age 26 (recommended at 11 to 12 years of age)
Flu	Annually (October-March)

Please call to make an appointment.

Hancock Family Health Center
Family Practice (906) 483-1060
Pediatrics (906) 483-1700
OB/GYN (906) 483-1050
Houghton Family Health Center (906) 483-1860
Lake Linden Family Health Center (906) 483-1030

Ontonagon Community Health Center (906) 884-4120
Gwinn Family Health Center (906) 346-9275
Sawyer Family Health Center (906) 346-9275
Calumet Family Health Center (906) 483-1177
Ice Lake Family Health Center (906) 265-5378
Menominee Family Health Center (906) 290-5000

