

## ***My Choices for a Healthier Me™*** **Adolescent Health**

Your health is very important. United Healthcare Community Plan wants to help keep you healthy.

An adolescent through 20 years old enrolled in the TennCare Kids program can get check-ups at no cost with TennCare. These well-child visits, also called TennCare Kids screenings, are part of the TennCare Kids program. The TennCare Kids program is also called the EPSDT program. EPSDT stands for Early and Periodic Screening, Diagnosis, and Treatment.

Your child can also get extra services with the check-ups. The extra services may include behavioral or mental health services, or vision or hearing services. It also may include services from a specialist, if your child has a special medical condition needing a specialist.

The first step to having a healthy adolescent is getting to know your child's primary care provider (PCP). Every adolescent needs to see a PCP every year, even if he or she is not sick. This TennCare Kids screening can help find problems with physical health, hearing, vision, and behavioral or mental health.

TennCare Kids screenings for adolescents should include:

- Questions about your adolescent's current health, health history, and family history
- A review of the adolescent's growth, behavior, development, and nutrition
- A complete physical exam
- Needed shots
- Needed lab tests, such as blood and urine
- Hearing and vision tests
- Alcohol and drug use assessment
- Advice on how to keep your adolescent safe and healthy, such as
  - Lap-shoulder belt use
  - Diet and exercise
  - Avoiding high-risk behaviors
- A referral to a dentist if indicated
- Other screenings if indicated

Call your PCP anytime you think your adolescent has a problem. Do not wait until the next TennCare Kids checkup to get help.



If your adolescent has a problem, his or her PCP will set up needed care. Your child also needs a screening by the PCP when someone like a teacher suspects a problem.

For more information, visit the TennCare Kids website at <http://www.tn.gov/tenncare/section/tenncare-kids>. If you do not have a way to get to the PCP's office, please call 1-800-690-1606 for help with rides. Transportation is free.

If you need help finding a PCP, call 1-800-690-1606. For the hearing impaired, call 711. For benefits questions, call the Customer Service number on the back of your ID card.