



**It's time for your
11-12 year old
Adolescent Health
check-up and
immunizations.**

The Adolescent Health check-up is an important time to get adolescent vaccines (HPV, Tdap and meningococcal) and health screening (blood pressure, diet, lipid test, exercise, etc.)

Teens are our future; we need them to be healthy adults.

Please call your child's health care provider today to see if an appointment is needed.

**it's easy
to forget,
that's why we're
reminding**

you

HERE ARE SOME RESOURCES FOR MORE INFORMATION ON TEEN HEALTH AND VACCINES:

American Academy of Pediatrics

Healthy Children www.healthychildren.org

1-847-434-4000

Centers for Disease Control

www.cdc.gov/vaccines/who/teens/for-parents.html

1-800-232-4636

Alaska Immunization Helpline

immune@alaska.gov

1-888-430-4321

**If you don't have a routine
healthcare provider,
contact your local public
health center.**

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



No information that can identify you has been or will be provided to American Academy of Pediatrics or other organization. Funding for these reminders has been provided by American Academy of Pediatrics.

AMERICAN ACADEMY OF PEDIATRICS
PO BOX 230567
ANCHORAGE, AK 99523-0567