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An Important Message About Your Child's Health

To the Parents of:

Today's teenager faces many risks and challenges. Depression, suicide, eating disorders, alcohol or drug abuse, and smoking are very real dangers that can affect your teenager's health and well-being for the rest of his or her life. That's why it's so important to make sure your teenage child receives regular medical check-ups and immunizations. Regular check-ups allow your child's Primary Care Provider (PCP) to:

- **Monitor your child's mental and physical health to prevent problems.**
- **Find problems early -- before they become difficult to treat.**
- **Make sure your child gets the right immunizations at the right time.**

All of these important services are available through the Healthy Kids Klub, a comprehensive health care program for South Dakota's children.

The Healthy Kids Klub is Free*

That's right. Because your teenage child is eligible to participate in the Healthy Kids Klub, these services are **free***. Your child is already eligible. Treatment for chemical dependency and mental health counseling are also covered, but you may need approval and a referral from your PCP first. Talk to your child's PCP if you think your child could benefit from this type of care. In addition, immunizations, physical and developmental screenings, and health education services may be available through your local community health nurse.

Based on your child's age, these Healthy Kids Klub check-ups and immunizations are due:	
Your child's PCP may recommend a different schedule so it is important that you check with him or her to see if your child requires these check-ups or immunizations now.	
Suggested Check-Up Schedule	
Physical Exam Every year up to age 21	**Vision Exam** Every year up to age 21
Dental Exam Every year up to age 21	**Hearing Exam** See your child's PCP to determine if a hearing exam is needed

See the back of this letter for more information about teenage risk factors

** There is a minimal cost share at ages 19 and 20.*

TEENAGE BEHAVIOR - RISK FACTORS

Some Things To Watch For

Parents are often the first to notice unhealthy behavior in their children. Although these signs or symptoms do not guarantee that there is a problem, they may be warning signs. Talk with your child's Primary Care Provider (PCP) if you have concerns or questions about your child's behavior.

Depression

- Is your child sad? Does he or she cry a lot?
- Does your child feel guilty or seem to have lost confidence?
- Does your child have a negative attitude and think nothing good will ever happen to him or her?
- Does your child avoid doing things he or she used to enjoy such as listening to music, involvement in sports and spending time with friends?
- Have your child's sleep patterns changed? Is he or she sleeping more or having trouble sleeping?
- Have your child's eating habits changed? Is he or she eating less or eating more?
- Does your child feel restless or tired most of the time?
- Does your child get irritated often, lose his or her temper or overreact?

Alcohol – Drugs – Cigarettes – Tobacco

- Do your child's eyes appear to be bloodshot?
- Is your child moody or have a poor attitude?
- Have your child's grades dropped at school?
- Is your child borrowing or stealing money?
- Is your child secretive about activities?
- Has your child been in trouble with the law?
- Is your child hanging out with a new group of friends?
- Is your child trying to hide habits by constantly chewing gum, using breath mints or spray?
- Does your child have a steady cough?

Suicidal Behavior

- Is your child preoccupied with death?
- Does your child talk about suicide or has your child made a suicide plan?
- Does your child seem withdrawn from family and friends?
- Has your child ever attempted suicide?
- Have you noticed an increase in alcohol or drug use?
- Does your child complain about physical symptoms such as stomachaches, headaches and fatigue?

Eating Disorders

- Is your child obsessed about weight?
- Does your child exercise excessively?
- Does your child use the bathroom immediately after eating a meal or fear gaining weight?
- Does your child eat uncontrollably?
- Does your child have dental problems, swollen cheeks or glands, heartburn or bloating?
- Is your child obsessive about food, calories, nutrition and cooking?
- Does your child prefer to eat alone?

Overweight (increases the risk of diabetes, high blood pressure, gall bladder disease, heart disease, etc.)

- Is your child inactive?
- Does your child spend a lot of time watching TV, playing on the computer or playing video games?
- Does your child make unhealthy food choices for meals and snacks?
- Does your child eat meals in front of the TV rather than with the family?
- Does your child help plan and prepare meals using healthy ideas and suggestions from you?
- Is your diet and exercise a positive example?