



<<Date>>

<<Head of Household>>

<<Address>>

<<City>>, <<State>> <<ZIP>>

Member: <<Name>>

ID: <<ID>>

DOB: <<DOB>>

PCP: <<PCP>>

Telephone: <<Number>>

Dear Parent/Guardian of <<Name of Adolescent>>:

<<Name of Adolescent>> is <13/14/15/16/17/18/19/20> years old, and it may be time for a checkup. Your child must see his or her primary care provider (PCP) within 90 days of joining the Plan. If your child is missing his or her shots or has not had a recent checkup, please call your child's PCP and make an appointment. There is no charge for these checkups.

Age	Health Checkup Schedule
13 years	Checkup; vaccination (Influenza," catch-up" for missed doses of other vaccines); dental exam twice a year
14 years	Checkup; vaccination (Influenza," catch-up" for missed doses of other vaccines); dental exam twice a year
15 years	Checkup; vaccination (Influenza," catch-up" for missed doses of other vaccines); dental exam twice a year
16 years	Checkup; vaccination (Influenza," catch-up" for missed doses of other vaccines); dental exam twice a year
17 years	Checkup; vaccination (Influenza," catch-up" for missed doses of other vaccines); dental exam twice a year
18 years	Checkup; vaccination (Influenza," catch-up" for missed doses of other vaccines); dental exam twice a year
19 years	Checkup; vaccinations (Measles Mumps, Rubella [MMR], Tdap [substitute 1-time dose of Tdap for Td booster],"catch-up" for missed does of other vaccines; dental exam twice a year
20 years	Checkup; "catch-up" for missed shots; dental exam twice a year

If the PCP on your ID card does not match the name on this letter, contact Customer Service. Call 1-866-231-1821 (TTY/TDD: 1-877-247-6272). You can also call if you need help making an appointment or arranging transportation. You can reach us Monday through Friday, 7am to 7pm Eastern.



[Plan Name] also has a Personal Health Advisor who can answer your health care questions. When you are not sure what kind of care your child needs, call 1-800-919-8807 (TTY/TDD: 1-800-955-8770). There is no charge for this. You can call any time, day or night.

For people with asthma:

If your child has asthma and has not seen his or her doctor in the last 3 months, call and make an appointment. This is very important.

For people with diabetes:

If your child has diabetes and has not seen his or her doctor in the last 3 months, call and make an appointment. This is very important.

National guidelines say that people with diabetes should have the following:

- Blood sugar average—called a hemoglobin A1c (HbA1c). Should be checked at least once a year (it should be less than 7%).
- LDL-cholesterol—checked at least once a year (if greater than 100mg/dL, appropriate treatment is needed).
- Eye exam (dilated) by an eye doctor once a year.
- Microscopic urine test for protein once a year.
- Routine foot exams.
- Doctor visit every 3 months.

Sincerely,

[Plan Name]

Para solicitar este documento en español o para escuchar la traducción llame al Servicio al Cliente al 1-866-231-1821 (TTY/TDD: 1-844-247-6272).

