



# Why Check-Ups?

A complete **health** check-up may find medical, dental, and/or mental health problems before they become serious. Needed shots are given. There is time to ask questions. A health check-up may be given, when required, for foster care, sports, or camp. You can usually get CHDP Check-Ups where you get your health care.

## Babies and Toddlers *Birth Through 3 Years*

### Regular Well-Baby Care and Shots

Babies and toddlers need health check-ups often. They need to get their shots on time.



### How often?

One exam during each of these age ranges:

Under 1 month	10-12 months
1-2 months	13-15 months
3-4 months	16-23 months
5-6 months	2 years
7-9 months	3 years

## School Children *4 Through 12 Years*

### School Check-Ups

State law requires children entering kindergarten or first grade to have a health check-up and be up-to-date on their shots.

Health check-ups may find health problems that could prevent a child from doing well in school.



### How often?

One exam during each of these age ranges:

- Between 4-5 years
- Between 6-8 years
- Between 9-12 years

## Teenagers and Young Adults *13 Through 20 Years*

### Health Check-Ups

Teens need check-ups too! They may have questions about their health. They can ask a health care provider.



### How often?

One exam during each of these age ranges:

- Between 13-16 years
- Between 17-20 years

Ask your doctor or local health department for other services for teenagers.