

Shots Are Not Just for Tots: A Parent's Guide to Teen Health



It's important to get well child checkups every year and visit the dentist every six months. If your child has TennCare and is under age 21, checkups with the doctor and the dentist are FREE. Part of the well child checkup includes your teen's shots and for TennCare members, shots are FREE.

Shots aren't just for babies -- teens need shots, too! Shots can help your teen stay healthy as he or she grows into an adult, so make sure your teen is protected. Look below to find which shots are recommended for your teen, talk to your doctor, or call your local health department to set up an appointment.

Look below to make sure you've had all the vaccinations you need:

(Check all that apply)

- Tdap Vaccine-Tetanus, Diphtheria, and Pertussis (1 dose-required before 7th grade)**
- Varicella Vaccine-Chickenpox (2 doses total, or history of chickenpox required before 7th grade)**
- Meningococcal Vaccine- Meningitis (1 dose)**
- Human Papillomavirus Vaccine- HPV (3 doses total)**
- Hepatitis A Vaccine- Hepatitis A (2 doses total)**
- Vaccines they missed in early childhood (such as hepatitis B)**

And, remember your teen needs to get an influenza (flu) shot every year, too!



We do not allow unfair treatment in TennCare. No one is treated in a different way because of race, color, birthplace, religion, language, sex, age, or disability. Do you think you've been treated unfairly? Do you have more questions or need more help? If you think you've been treated unfairly, call the Family Assistance Service Center for free at 1-866-311-4287. In Nashville, call 743-2000.

No permitimos el tratamiento injusto en TennCare. Nadie recibe un trato diferente debido a su raza, color de la piel, lugar de nacimiento, idioma, sexo, edad, discapacidad o religión. ¿Cree que lo han tratado injustamente? ¿Tiene más preguntas? ¿Necesita más ayuda? Usted puede llamar gratis al Centro de Servicio para Asistencia Familiar al 1-866-311-4290. En Nashville.