



Keep Students on Track! ¡Mantenga a los estudiantes al día!



Avoid roadblocks to a healthy school year with immunizations and well-child visits!

¡Prevenga los obstáculos para un año escolar saludable con vacunas y chequeos médicos de rutina!

Recommended Yearly Preventive Care: Atención preventiva anual recomendada:



One Wellness Visit
Un chequeo médico de rutina

Two Dental Exams
Dos exámenes dentales

And Recommended Immunizations
Y las vacunas recomendadas

Do you need insurance? ¿Necesita seguro médico?



Check-ups
Chequeos



Dental care
atención dental



Vaccines
Vacunas



Eye exams
Exámenes de la vista

These services and more are covered through TennCare and CoverKids! Visit TennCareConnect.TN.gov or call 855-259-0701 to apply.

¡Estos servicios y más están cubiertos a través de TennCare y CoverKids! Visite TennCareConnect.TN.gov o llame al 855-259-0701 para solicitarlo.

Scan here to check our full wellness roadmap and make sure you're up-to-date!
Or visit TN.gov/TennCare/TennCare-Kids



Escanee aquí para consultar nuestro mapa de bienestar y verificar si está al día.
O visite: TN.gov/TennCare/TennCare-Kids

Partial wellness roadmap:

6-7 YEARS OLD

- Well-child visit
- Flu vaccine
- Dental checkup (twice per year)

7-8 YEARS OLD

- Well-child visit
- Flu vaccine
- Dental checkup (twice per year)

8-9 YEARS OLD

- Well-child visit
- Flu vaccine
- Dental checkup (twice per year)

9-10 YEARS OLD

- Well-child visit
- Recommended immunizations (including flu vaccine)
- Dental checkup (twice per year)

10-11 YEARS OLD

- Well-child visit
- Flu vaccine
- Dental checkup (twice per year)

11-12 YEARS OLD

- Well-child visit
- Recommended immunizations (including flu vaccine)
- Dental checkup (twice per year)

12-13 YEARS OLD

- Well-child visit
- Flu vaccine
- Dental checkup (twice per year)

13-14 YEARS OLD

- Well-child visit
- Flu vaccine
- Dental checkup (twice per year)

14-15 YEARS OLD

- Well-child visit
- Flu vaccine
- Dental checkup (twice per year)

15-16 YEARS OLD

- Well-child visit
- Flu vaccine
- Dental checkup (twice per year)

16-17 YEARS OLD

- Well-child visit
- Recommended immunizations (including flu vaccine)
- Dental checkup (twice per year)

17+ YEARS OLD

- Well-child visit
- Recommended immunizations (including flu vaccine)
- Dental checkup (twice per year)

We do not allow unfair treatment in TennCare or CoverKids. No one is treated in a different way because of race, color, birthplace, language, sex, age, religion or disability. Interpretation and translation services are free to the member. For more information call TennCare Connect at 855-259-0701.

No permitimos el trato injusto ni en TennCare ni en CoverKids. Nadie recibe un trato diferente debido a su raza, color, lugar de nacimiento, idioma, sexo, edad, religión o discapacidad. Los servicios de interpretación y traducción son gratuitos para el miembro. Para más información, llame a TennCare Connect al 855-259-0701.



TennCare Activity Sheet:

Fun fact!

The cerebral cortex is the wrinkly outer layer of the brain and gets even MORE wrinkly as you think and learn!

Did you know?

The human brain holds 2,500,000 gigabytes worth of information. That's 2500x the storage space of the latest smartphone!

Frontal lobe
Aids in complex thinking, learning, and problem-solving

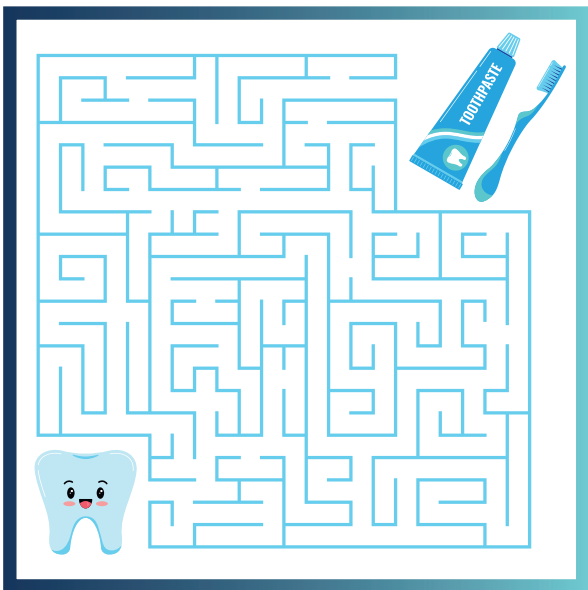
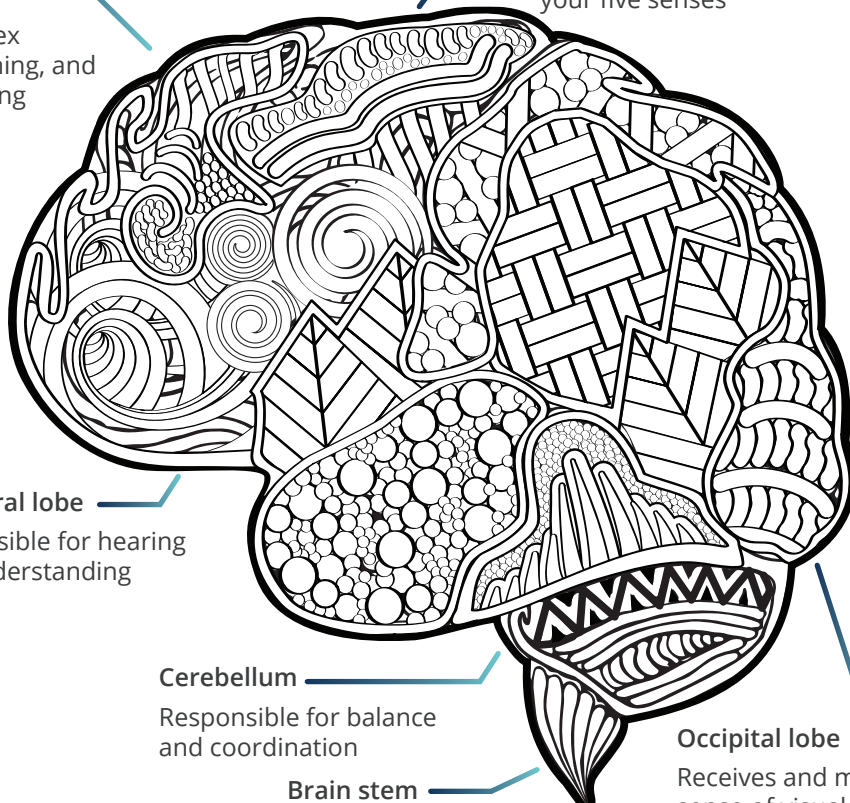
Parietal lobe
Helps you understand language and process information from your five senses

Temporal lobe
Responsible for hearing and understanding sounds

Cerebellum
Responsible for balance and coordination

Brain stem
Controls your basic body functions, such as breathing, temperature, and heart rate

Occipital lobe
Receives and makes sense of visual information, such as recognizing faces and objects



Not so Sweet?

78% of us will get a cavity by age 17, but you can fight back! Good dental care and regular visits to your dentists can help you avoid plaque and tooth decay—sometimes called sugar bugs, ew!

What does your doctor check during your yearly wellness visit?

Find the following in the word search!

- Skin
- Eyes
- Ears
- Nose
- Mouth
- Heart
- Lungs
- Abdomen
- Feet
- Nervous system
- Mental health

M	E	N	T	A	L	H	E	A	L	T	H	K	H	N
A	G	C	Q	D	W	H	I	E	A	R	S	Z	F	F
B	V	R	O	V	C	F	T	E	E	F	N	N	T	N
D	A	X	W	T	C	P	A	X	K	I	O	X	K	E
O	L	N	E	R	V	O	U	S	S	Y	S	T	E	M
M	U	U	E	E	F	Q	Q	N	I	N	E	C	U	E
E	N	E	Y	E	S	J	U	S	Q	P	Q	S	F	R
N	G	O	J	Z	M	N	S	K	M	L	B	X	V	F
N	S	P	T	R	A	E	H	I	L	W	G	G	U	L
E	H	T	U	O	M	G	D	N	X	G	L	H	P	A

