



Preventive health care is important for everyone.

**It's especially important for growing kids and teens.**

At UnitedHealthcare, we hope that everyone will get well and stay well by using the health care resources that are available to them. We want to help people live healthier lives.

To lead a healthy life, it's important that all kids and teens try to avoid getting sick. If they do get sick, it's important that they get early treatment. That's why we want people from birth through age 20 to start and keep a good relationship with a primary care provider. That primary care provider will urge them to have regular checkups to prevent sicknesses before they happen. By doing so, their future will be a healthier one.



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**Healthy  
FUTURES**



Staying healthy is everyone's job.



7/29/19 1:49 PM



Round	Team	Project Details	Dimensions
3 UHC_CS	Creative: Nate Layout: Nate Production: Nate Marketing: Stacy Job: CST26042 NT19 4H Brochure	Color(s): CMYK Bleed: .125" Resolution: vector File Name: CST26042 NT19 4H Healthy Futures_Brochure.indd	Flat: 11x8.5" @100% Fold: 3.6875x8.5" Software: InDesign CC18

Production

It's the only body  
you're going to get.  
Take care of it now,  
live a healthier life later.

When you're a child, your parents or other adults make sure that you get your checkups. But it's never too early for you to start thinking about your own health. Good health depends on good habits. Things like eating healthy meals, exercising, getting more sleep, drinking water and making good choices. The choice to start and continue good habits is up to you.



**You need a home for your medical needs. A medical home. A place to get and stay healthy.**

Checkups are the best chance of maintaining good health when they are done by professionals you know. Making a strong connection with your primary care provider (PCP) is important. Making regular visits allows you to build trust that will lead to honest and open communication.

**#4HHealthyFutures**  
**4-H.org/HealthyFutures**



**Kid's and teenager's bodies are always changing. Checkups make sure that everything is okay and changing the way it should.**

You should see your doctor at least once a year for your annual physical or "well child screening". During this screening, your doctor will do a complete physical exam. That can include lab tests, vision, hearing and dental checks. It can also include immunizations if you need them. The doctor will even talk with you about all the ways you can stay healthy.

### **At that visit you should:**

- Come to the office visit with a list of things you want to talk about. Ask questions and don't be afraid to take notes.
- Get more information. Talk about healthy choices, treatment options and ways that you can prevent health issues.
- Ask what to expect as you are growing into an adult.
- Find out how and when to talk to your health care professional between regular screening visits.



### **Call your PCP to schedule a checkup today.**

If you're a member of [UnitedHealthcare Community Plan], you can get free well-child checkups. [If applicable to state: You can also get a free dental exam every six months.] If you are not a UnitedHealthcare Community Plan member, check with your insurance plan to see what benefits are covered for you.