



# Teen Talk


## Get in the game.

### Annual checkups keep you healthy.

If you play sports, chances are you've had a sports physical recently. With a sports physical, your doctor makes sure you are ready for physical activity. But to stay healthy, you also need an annual checkup.

They may seem like the same thing, but a sports physical is not the same as an annual checkup. At an annual checkup, your doctor will talk to you about more than just sports. He or she will discuss your entire body.

You can talk to your doctor about your growth, your sexuality and anything else that may be bothering you. The doctor's office is a safe and private place to discuss things you can't talk about with your friends and family. You can trust your doctor to do the right thing.

 **Have you had yours?** If you haven't had an annual checkup, call your primary care provider to schedule one today.

## Keep your teeth healthy.



The healthier your teeth are, the happier you look. This is because your teeth are important in many ways. Strong, healthy teeth help you chew, speak clearly and, yes, they help you look your best. Here are some tips to keep your teeth in the best shape:

- **Brush at least twice a day**, after breakfast and before bedtime. If you can, brush after lunch or after sweet snacks.
- **Brush all of your teeth**, not just the front ones.
- **Use a toothbrush with soft bristles.** In total, brush for 2 or 3 minutes. Replace your toothbrush every 3 months.
- **Floss every day.** Floss gets rid of food that your brush can't reach.
- **Visit your dentist every 6 months.**

For healthy facts at your fingertips: Videos, tips and more at [KidsHealth.org](http://KidsHealth.org). Other health questions? Call Member Services toll-free at 1-866-292-0359, TTY 711.

## 4 tips for surviving shots.

Do shots make you nervous? You're not alone. Lots of people dread them because they have a very real fear of needles. So next time your doc asks you to roll up your sleeve, try these tips:

- 1. Distract** yourself while you're waiting.
- 2. Concentrate** on taking slow, deep breaths.
- 3. Focus** intently on something in the room.
- 4. Relax your arm.** If you're tense, it can make a shot hurt more.

Don't hesitate to tell the doctor or nurse that you're nervous before getting the shot. Medical professionals are used to people who are afraid of shots and they'll be able to help you relax.



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ATTENTION: If you do not speak English, language assistance services, at no cost to you, are available. Call **1-866-292-0359, TTY 711**.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-866-292-0359, TTY 711**.

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