

Feel Your Best: Things All Kids Need!

Whether you're in kindergarten or becoming a teenager, your health is important! Here are some things you need at every age to feel your best.



Well-child visits:

You should go to see your doctor every year for a check-up – even if you aren't sick! Your doctor will check your body, eyes, ears, and weight.

Vaccines:

Vaccines (often called shots) are very important to help you stay protected from certain diseases. A yearly flu vaccine can help keep you from getting sick during flu season!

Dental:

Keep your smile bright! Make sure you go to have your teeth cleaned two times every year.



Vision:

Even if you don't wear glasses, you should have a doctor check your eyes every year just in case.

Medicines:

If your doctor tells you to take a medicine or prescription, it is very important for you to take it just like the doctor says.

Get help with big feelings:

Are you feeling sad, anxious, or stressed? These feelings are normal. There are doctors who can help you feel better!

Everyone deserves to feel at their best!

At Molina Healthcare of Wisconsin, we make good health easier.

Go to [MeetMolinaWI.com](https://www.meetmolinaWI.com) or call (888) 999-2404 (TTY: 711) to learn more.

