Check-ups are not just for *babies*. **Pre-teens** need them too.

Doctors recommend all **11 and 12 year olds** get a pre-teen check-up to monitor their growth and screen for diabetes.

The check-up is also the perfect time to get shots to **protect** against meningitis, flu, whooping cough, and cervical cancer.

**Protect the circle of life. Schedule a check-up for your pre-teen today.**

For more information, ask your child’s healthcare provider or call **800-CDC-INFO** (800-232-4636).
Website: [www.cdc.gov/vaccines/preteen/aian](http://www.cdc.gov/vaccines/preteen/aian)