

The numbers '16' are written in a glowing, spark-like font against a dark, starry background. The '1' is a simple vertical line, and the '6' is a more complex, circular shape with a tail. The sparks are bright orange and yellow, creating a festive, celebratory feel.

## It's Kind of a Big Deal

*For your teen, turning 16 is a big deal. For you, it can be manageable.*

At this time in your teenager's life, so many things can change, including their health. That's why we're checking in.

**Experts now emphasize the importance of a doctor's visit at 16 years of age to help address adolescent-specific health issues, including getting time-sensitive vaccinations.**

One particular health risk to keep in mind is **meningococcal disease** (bacterial meningitis). While anyone can contract it, teens and young adults are at increased risk. Meningococcal meningitis, although rare, can have potentially devastating—even deadly—consequences.

Your teen should have received the 1st dose of meningococcal vaccine at 11 or 12 years of age, and he or she will need to get a 2nd (booster) dose at 16 years of age as well. Contact us today to schedule the 16-year-old vaccination visit. It's a small thing we can help you do that can make a big difference.

Best wishes for health and wellness.