

# J1 – a precautionary medical examination for teenagers

Including a health timetable and tips

on vaccination for 12 to 17 year olds



## Have your health checked!

Even if you feel fine:

Have a precautionary check-up – for boys and girls aged between 12 and 14. At a young person's health check (J1 in short) your doctor will see if everything is ok with you. He will be able to identify and treat any health problems in good time, so you can be healthy. You will also be able to discuss such matters as first love, alcohol or school stress – it's up to you! Your doctor will also advise you about which vaccination you might need.

## Your TOP CHECK-UP J1



### DON'T PANIC

#### How J1 works

You haven't been to the doctor for a long time? Don't worry. The medical examination is completely relaxed. Your doctor will tell you what is happening. You can say whether you want the person(s) accompanying you to stay during the examination or to wait in the waiting room.

First comes your medical history. Your doctor will interview you about your health and general condition. Are you suffering from any illnesses, and are you taking medications? You can discuss things, including things which you otherwise find extremely embarrassing: sex, the Pill, drugs, alcohol and weight problems. And stress at home, at school, or among your friends.

During the examination the doctor will check you from head to toe. He will weigh you, measure your height and take your blood pressure. He will listen to your heart, palpate your neck, chest and stomach, and see if your spine is ok.

You can be confident: if there is anything you don't understand, just ask. Your doctor will explain everything to you.

### LAST BUT NOT LEAST

#### Vaccination and closing talk

Scarcely anyone is aware of diphtheria and polio any more. As a result, many people no longer have themselves vaccinated. This is a mistake, for severe infectious illnesses can endanger your life. That is why J1 offers a vaccination check-up. Your doctor will look in your vaccination record to see if any vaccinations need to have a booster shot or need to be done now because they were not done earlier, or whether a series of shots needs to be completed.

#### Time for your questions

##### You can talk about anything

At the end of your check-up your doctor will tell you how fit you are. He will give you tips on how to stay in top health. By doing more sport, for instance. If something is wrong, your doctor will do further examinations. During the closing discussion you can ask questions, perhaps about the Pill or drugs. Your doctor will also be pleased to give you advice about skin problems or unwanted pounds. Be brave.

### What you need

- ✳ An appointment with a physician in child and adolescent medicine, or a family doctor
- ✳ Your medical insurance card
- ✳ Your vaccination certificate
- ✳ The yellow examination book (if available)
- ✳ Yourself  
As support: your parents or a friend.

Everything one-to-one – even if you are under 18

#### TIP: Your neighbourhood doctor in the web

To find a physician in child and adolescent medicine or a family doctor, go to the KBV website at [www.kbv.de](http://www.kbv.de). From there you can click through to the regional searches for medical practitioners operated by the associations of physicians affiliated with health insurers. This way you can find out who has a medical practice in your neighbourhood and the times of his or her surgery hours. If you have a smartphone – just use the KBV-App BundesArztsuche.



## WHAT'S IT ALL ABOUT?

### Avoid illness – get vaccinated

Less and less people are getting vaccinated. Dangerous infectious illnesses such as measles and whooping cough are occurring more and more frequently. So check you are protected by vaccination.

It is precisely when you are between 12 and 17 that vaccination against diphtheria, tetanus, whooping cough and polio are needed. Should you not yet be sufficiently protected against certain illnesses, you can catch up with your vaccinations now. This applies to hepatitis B, meningococcal disease, measles, mumps, rubella and chickenpox. Your doctor will tell you which vaccinations you are lacking.

## Everything at a glance

### Your health timetable

My check-up appointment

<b>CHECK-UP J 1 for teenagers between 12 and 14</b>		
Important vaccination dates if you are between 12 and 17.		
Vaccination	Type of vaccination	My appointment
Diphtheria	A	
Tetanus (lockjaw)	A	
Whooping cough (pertussis)	A	
Poliomyelitis	A	
Hepatitis B	N	
Measles	N	
Mumps	N	
Rubella	N	
Chickenpox	N	
Meningococcal infections	N	
<b>Only for girls:</b> Human papilloma viruses (HPV)	SM	

A: Booster shot  
 N: Catch-up vaccination (if vaccinations have not been made or not completed)  
 SM: Standard vaccination for girls  
 (The above vaccinations meet the standard recommendations on vaccination of the Standing Vaccination Commission (STIKO) of the Robert Koch Institute.)

### Important vaccinations before the „first time“

#### For boys and girls:

Hepatitis B is an inflammation of the liver, which in many cases never completely heals. The viruses remain in the body and may continue to damage the liver. Infection with the virus takes place via blood and other bodily fluids. That means, if you are having sexual relations with someone and are not vaccinated, it could affect you.

#### For girls:

Human papilloma viruses (HPV) are viruses which can trigger cancer of the womb. They are transmitted through sexual intercourse. So you should have yourself vaccinated before your first sexual contact.



### Click through – to KBV

You will find more information on Check-Up J1 and on vaccination, plus a special video film, on the Kassenärztliche Bundesvereinigung (KBV) website at [www.kbv.de](http://www.kbv.de).



## PREVENTION

A prevention initiative of the KVen and the KBV

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Practice stamp



Die KBV is the umbrella organisation of 17 associations of physicians affiliated with health insurers (KVen), representing some 150,000 practising doctors and psychotherapists across the whole of Germany. KBV and KVen provide outpatient medical treatment.



Kassenärztliche  
Bundesvereinigung

More information on the internet at [www.kbv.de](http://www.kbv.de)