

August 2009

Dear Parent or Guardian:

Regence knows that prevention is key to a healthy family. To help you learn more about health and wellness, please read the enclosed fact sheet about adolescent disease.

You may also visit the Centers for Disease Control and Prevention (CDC) Web site at www.cdc.gov and **myRegence.com**, powered by the Regence Engine[®] to learn more.

If you haven't done so already, now is a good time to call your child's doctor to set up a well child visit. Well child visits may include an exam, a vaccine, and a talk about growth and development.

Preventive health care is usually a covered benefit for Regence members. To check your benefit coverage, please call the toll-free number on the back of your member card.

Yours in good health,

Joseph Gifford, M.D.
Medical Director

Enclosure

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No member information was shared with Merck & Co., Inc.*