

Public Health C&TC Drawing: 2019 Winner and 2020 Opportunity to Win

Aitkin County Public Health's Child and Teen Checkups (C&TC) program has been encouraging teens to take charge of their health: make an appointment for their yearly checkup or ask their parents to. [Public Health ran an adolescent health campaign in 2019](#). Every teen turning 13-18 years old who had a checkup could enter to win either a Play Station 4 Pro, an XBOX One X, a Beats Solo 3 Wireless Headphones or 2 [Fitbits](#). Public Health Supervisor, Erin Melz, drew Tanner [Hills'](#) name. Tanner is a junior at Aitkin High School. His entry was one of 40 received from Aitkin, Hill City, and McGregor High Schools. Tanner was pretty excited when he learned he had won and chose the XBOX One X. He was even happier to receive it!

Teenagers are still growing and developing and don't always know if what they are experiencing is normal or not. A teenager who is experiencing depression might not know that there is help for him. A girl who has questions about her menstruation or sexuality might not have anyone else she is comfortable asking. Making sure teens get to the doctor every year is one way to help them stay healthy and happy. Additionally, health plans are required to cover preventative services. That means you should be able to get your child's exam with no cost to you.

Public Health is offering a new prize drawing in 2020. This year there will be 1st, 2nd and 3rd place prizes. Aitkin County teens will have the opportunity to win 1st Place: Choice of AirPods, Fitbit or Kindle, 2nd Place: Choice of Echo Smart Speaker with Alexa or \$100 Gift Card from Best Buy, American Eagle, Dick's or Gander Mt., 3rdPlace: Hydro Flask. Once again, we hope the drawing encourages kids to [take](#) an interest in their health, and [that](#) their experience teaches them that a yearly checkup is beneficial and educational. Look for 2020 drawing information and entries at Aitkin, Hill City, and McGregor High Schools. This year, you can also get a drawing entry from your provider at Riverwood Healthcare Center. If you have any questions, call Stacey Durgin Smith, C&TC Coordinator, at 218-927-7224 or e-mail stacey.durgin@co.aitkin.mn.us.