

Adolescents (11 to 17 years)

Preventive Care Checklist

We're here to help you make your health a priority. To get started, use our preventive care checklists highlighting some of the exams, vaccines and screenings that can help you and your loved ones avoid or minimize potential health problems.¹ No matter how healthy you are today, having a discussion with your doctor about preventive care can make a difference in the long run — for you and the people you care about.

Exams		
Yearly Well Visit with your Adolescent's Doctor (schedule at least 2 months in advance)	11 – 17	<input type="radio"/>
Vaccines ²		
Flu Shot (every fall)	11 and older	<input type="radio"/>
Human Papillomavirus (HPV) ³	11 – 12	<input type="radio"/>
Meningococcal B ⁴	11 – 12	<input type="radio"/>
Meningococcal Conjugate (MCV4) ³	11 – 12	<input type="radio"/>
Tetanus, Diphtheria, Pertussis (Tdap) ³	11 – 12	<input type="radio"/>
Screenings		
Body Mass Index (BMI)	11 and older	<input type="radio"/>
Depression	12 and older	<input type="radio"/>
Hepatitis B	11 and older	<input type="radio"/>
HIV ⁴	15 and older	<input type="radio"/>
Obesity	11 and older	<input type="radio"/>
Sexually Transmitted Disease ⁵	Sexually active females	<input type="radio"/>
Skin Cancer	11 and older	<input type="radio"/>
Tobacco and Alcohol Use Counseling	11 and older	<input type="radio"/>

¹ The information in these checklists includes recommendations adapted from the following sources as of December 2020 and is subject to change: Preventive services with a rating of A or B from the U.S. Preventive Services Task Force; immunization for children, adolescents and adults recommended by the Centers for Disease Control and Prevention; and preventive care screenings for infants, children, adolescents and women supported by the Health Resources and Services Administration.

² Timing of vaccines may vary based on PCP's recommendation.

³ Catch-up doses can be given after age 12 throughout adolescence.

⁴ Based on risk factors, and as advised by your doctor.

⁵ Counseling for all sexually active adolescents recommended.