SHARP Health Plan

Adolescents (11 to 17 years)[1]

Preventive Care Checklist

The following preventive care checklist is not a complete list of guidelines. Please consult your doctor to develop your own personalized preventive care plan. Your doctor will help you determine which tests and health screenings are best for you based on your age, gender, health status and family history.

Exams		
Yearly Well Visit With Your Adolescent's Doctor (schedule at least 2 months in advance)	11 – 17	☐
Vaccines[9]		
COVID-19 (Series and Booster)[8]	11 and older	☐
Flu Shot (every fall)	11 and older	☐
Human Papillomavirus (HPV)[2]	11 – 17	☐
Meningococcal	Route vaccination two-dose series: First dose: 11 – 12 Second dose: 16 – 17	☐
Pneumococcal (Pneumonia)	11 – 17[3]	☐
RSV	Pregnant women[4]	☐
Tetanus, Diphtheria, Pertussis (Tdap)	11 – 12 and pregnant adolescents at 27 – 36 weeks	☐
Screenings		
Behavioral Health and Wellness Screening (e.g., Anxiety, Depression, Suicide Risk)	11 and older[7]	☐
Body Mass Index (BMI)	11 and older	☐
Cardiac Arrest[6]	11 and older	☐
Depression and Suicide Risk	12 and older	☐
Hepatitis B[3]	11 and older	☐
HIV[3]	15 and older	☐
Obesity	11 and older	☐
Sexually Transmitted Infections (STIs)[5]	Sexually active adolescents who are at increased risk for STIs	☐
Skin Cancer	11 and older	☐
Tobacco, Drug and Alcohol Use Counseling	11 and older	☐

[1] The information in these checklists includes recommendations adapted from the following sources as of September 2025 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] 2 or 3 doses, depending on age at initial vaccination. Routinely recommended at age 11 – 12 years but can start at 9 years based on risk and be given through age 18.
[3] Based on risk factors, and as advised by your doctor.
[4] Reach out to your doctor for details. Pregnancy at 32 – 36 weeks during the months of September – January.
[5] Counseling for all sexually active adolescents recommended.
[6] Recommended by the American Academy of Pediatrics from middle school through age 21 at an interval of every 2 – 3 years.
[7] Children between the ages of 8 and 18 can get a free behavioral health and wellness screening every year. This screening can help find signs of depression, anxiety and other common conditions for early treatment. If you would like your child screened, please schedule a preventive care visit with their doctor.
[8] You are eligible for the series and booster: all who are 11-17 years with risk factors or who were never vaccinated against Covid-19, all who are in close contact with others with risk factors and all who choose protection, including all who are planning pregnancy, pregnant, postpartum or lactating.
[9] For more information about vaccine schedules, please visit **cdc.gov/vaccines**.