

## Adolescents (11 to 17 years)

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.<sup>1</sup> 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	AGE / FREQUENCY	✓
Yearly Well Visit with Your Adolescent's Doctor	Annually	
VACCINES	AGE / FREQUENCY	✓
Flu Shot (every fall)	Annually	
Human Papillomavirus (HPV)	11 and above	
Meningococcal Conjugate (MCV4)	11 and above	
Tetanus, Diphtheria, Pertussis (Tdap)	11 and above	
SCREENINGS	AGE / FREQUENCY	✓
Body Mass Index (BMI)	Annually	
Depression	Annually (ask your doctor)	
Hepatitis B	Ask your doctor	
HIV	Ask your doctor	
Sexually Transmitted Disease (Chlamydia, Gonorrhea, Syphilis)	Ask your doctor	
Tobacco Substance and Alcohol Use Counseling	Annually (ask your doctor)	

*This is a select list of recommendations. For the full list, please visit the USPSTF website or talk to your doctor: [uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-and-b-recommendations](https://uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-and-b-recommendations)*