

These recommended guidelines are meant for the general population.  
Talk with your child's healthcare provider about what is right for your child.

# Wellness and prevention checklist for preteens and teens\*

- This checklist includes recommended guidelines for exams and tests your child may need. Take it to your child's healthcare provider visit.

Preteen and Teens*			
	Recommended Guidelines	To Do	Date Done
<b>Body mass index (BMI) screening for obesity</b> <i>Recommendations from the American Academy of Pediatrics</i>	<ul style="list-style-type: none"> <li>■ Check yearly</li> </ul>	<input type="checkbox"/>	
<b>Depression</b> <i>Recommendations from the US Preventive Services Task Force</i>	<ul style="list-style-type: none"> <li>■ Screen for major depression (12 to 18 years of age)</li> </ul>	<input type="checkbox"/>	
<b>Ears</b> <i>Recommendations from the American Academy of Pediatrics</i>	<ul style="list-style-type: none"> <li>■ Check hearing for risk factors yearly</li> </ul>	<input type="checkbox"/>	
<b>Eyes</b> <i>Recommendations from the American Academy of Pediatrics</i>	<ul style="list-style-type: none"> <li>■ Check vision every 2 to 3 years</li> </ul>	<input type="checkbox"/>	
<b>Physical exams</b> <i>Recommendations from the American Academy of Pediatrics</i>	<ul style="list-style-type: none"> <li>■ Physical exam every year</li> </ul>	<input type="checkbox"/>	
<b>Sexually transmitted diseases (STDs)</b> <i>Recommendations from the US Preventive Services Task Force</i>	<ul style="list-style-type: none"> <li>■ Screen as recommended by the provider</li> </ul>	<input type="checkbox"/>	
<b>Skin</b> <i>Recommendations from the National Cancer Institute of the National Institutes of Health and the American Academy of Pediatrics</i>	<ul style="list-style-type: none"> <li>■ Self-exam for spots, sores, moles, and other skin changes</li> <li>■ Discuss any skin changes, acne, and skin care with provider</li> </ul>	<input type="checkbox"/>	
<b>Teeth</b> <i>Recommendations from the American Academy of Pediatric Dentistry</i>	<ul style="list-style-type: none"> <li>■ Dental exam and cleaning every 6 months – More often if recommended by provider</li> <li>■ Brush twice a day with fluoride toothpaste</li> <li>■ Floss once a day</li> </ul>	<input type="checkbox"/>	

\* Various organizations define the age range for pre-teens and teens differently:

- Centers for Disease Control and Prevention – ages 11 to 19
- American Academy of Pediatrics – ages 11-21

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Preteen and Teens* (continued)			
Recommended Guidelines		To Do	Date Done
<b>Vaccinations</b> <i>Recommendations from the Centers for Disease Control and Prevention</i>	<ul style="list-style-type: none"> <li>■ The Centers for Disease Control and Prevention recommends vaccinations for preteens and teens, depending on age and risk of infection</li> <li>■ Vaccinations help protect against many vaccine-preventable diseases</li> <li>■ Talk to your provider about the vaccines your child may need</li> </ul>	<input type="checkbox"/>	
<b>Other questions for your provider</b> <i>Recommendations from the Centers for Disease Control and Prevention</i>	Ask your provider questions you or your child may have about these or other concerns: <ul style="list-style-type: none"> <li>■ Alcohol</li> <li>■ Drugs</li> <li>■ Exercise</li> <li>■ Food safety and allergies</li> <li>■ Hearing loss (caused by noise)</li> <li>■ Mental health</li> <li>■ Nutrition</li> <li>■ Obesity or weight loss</li> <li>■ Safe sex</li> <li>■ Skin cancer (sun safety, tanning)</li> <li>■ Smoking and tobacco use</li> <li>■ Violence</li> </ul>	<input type="checkbox"/>	

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**Regular visits with your child's healthcare provider are important. Be sure to ask any questions you or your child may have.**