



Keep Your Teen on Track with Preventive Care

It's important for teens to continue seeing their primary care doctor every year for checkups, screenings, and counseling. **Many of these services are available at no cost to members when provided by an in-network doctor.** Talk with your teen's doctor about what they need to stay healthy. For more information about the right preventive health care for your teen, visit www.cdphp.com/preventive-care.

Guidelines for Pre-Teens and Teens

Routine Health Visits	
Physical Exam	Teens need to visit their doctor every year to check height, weight, body mass index (BMI), vision, hearing, and blood pressure.
Dental Exam	Teens need to visit a dentist every six months for a cleaning and exam.*
Tests and Screenings	
Cholesterol	Teens should get checked if at risk.
Iron	Teens need to get hemoglobin or hematocrit checked once. Females need to get checked annually after they begin menstruating.
Chlamydia	Males and females should get tested annually if sexually active and at increased risk.
Gonorrhea	
HIV	
Syphilis	Teens should talk with their doctor about screening options.
Tuberculosis (TB)	Teens should get checked if at risk.
Urine Test	Males and females should have a urinalysis annually if sexually active.

*Check your dental benefits to find out what services are covered.

Teens Should Talk With Their Doctor About:

- Concerns about feeling down, anxious, or having trouble sleeping
- Healthy body weight and body image
- Safe and healthy relationships
- Protection from sexually transmitted infections (STIs) and pregnancy
- Tobacco or substance use

Encourage your teen to spend time one-on-one with the doctor (without you in the room). It will help them to feel like they can talk openly with their doctor about health questions and concerns.

VACCINES FOR PRE-TEENS AND TEENS*

	By 11-12 Years	By 13-14 Years	By 15-18 Years
Tdap	All 11-12 year olds should get one shot		
Meningococcal Disease	All 11-12 year olds should get one shot	Shots should be given if child is catching up on missed vaccines	Teens should get a booster shot at age 16
Human Papilloma Virus (HPV)	All 11-12 year olds should get a 2-shot series at least 6 months apart		Teens 15 or older and those with weakened immune systems should get a 3-shot series
Influenza	Annually		

* These vaccines can be given during the specified age ranges. For more information about recommended vaccines, visit www.cdphp.com/preventive-care.

VACCINES AND THE DISEASES THEY PREVENT

- Tdap:** Protects against tetanus (lockjaw), diphtheria, and pertussis (whooping cough).
Meningococcal: Protects against the four most common types of bacterial meningococcal disease.
HPV: Prevents many types of cancer caused by HPV including cervical, vaginal, vulvar, and anal.
Influenza: Protects against the flu, a disease that can cause serious respiratory problems.

Please log in to www.cdphp.com to review your detailed medical benefits. If you have received preventive services that should have been covered in full but were not, please contact member services at the phone number listed on your member ID card for further assistance.

If you would like more information about these tests and screenings, please consult with your doctor. If you need to locate a new doctor, please visit findadoc.cdphp.com.



- » No additional cost applies when services are obtained from an in-network doctor. Check your member benefits materials for detailed information.
- » Screening tests and immunization recommendations vary according to age, gender, medical, and family history.
- » Our guidelines are based on nationally validated recommendations including those from the U.S. Preventive Services Task Force and the Advisory Committee on Immunization Practices.

Discrimination is Against the Law

Capital District Physicians' Health Plan, Inc. (CDPHP®) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Multi-language Interpreter Services

ATENCIÓN: Si habla otro idioma que no es el inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación de miembro (TTY: 711).

注意：如果您使用的語言不是英語，您可以免費獲得語言援助服務。請致電您會員ID卡上的電話（聽力障礙電傳：711）。