



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 when they should receive the below screenings. 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	Individuals need to visit their doctor every year to check height, weight, body mass index (BMI), vision, hearing, and blood pressure.
Hearing Exam	Individuals should receive a hearing exam at 13, 16, and 20 years of age.
Vision Exam	Individuals need an eye exam at age 12 and 15 years of age. A risk assessment is performed yearly, and an eye exam will be conducted if necessary.
Oral Health Exam	Individuals need to visit a dentist every six months for a cleaning and exam.
Behavioral Health Screening	Individuals should be screened yearly for any behavioral health concerns, including depression, anxiety, and substance use.
Tests and Screenings	
Cholesterol	Individuals should be checked once between ages 9-11 and again between ages 17-21.
Iron	Individuals should be checked if at risk.
HIV	Males and females should be screened once between ages 15-21.
Sexually transmitted infections (STIs)	Males and females should get tested annually if sexually active and at increased risk. Individuals should talk with their doctor about screening options.
Tuberculosis (TB)	Individuals should get checked if at risk.

Teens Should Talk with Their Doctor About:

- Concerns about feeling down, anxious, or having trouble sleeping
- Healthy body weight and body image
- Staying active and exercising
- 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 9-12 Years	By 13-14 Years	By 15-18 Years
Tdap	All 10-12 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 9-12 year olds should get a two shot series at least six months apart		Teens 15 and older who have not previously been vaccinated should get a three shot series
Influenza	Annually		
COVID-19	Annually or per current recommendations		

* 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.
Influenza	Protects against the flu, a disease that can cause serious respiratory problems.
COVID-19	Protects against coronavirus, a disease that can cause pneumonia and respiratory failure.

Please log in to member.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 Universal Benefits, Inc., and Capital District Physicians' Healthcare Network, Inc. (collectively referred to as CDPHP®) comply with applicable federal civil rights laws and do 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）。