

# Your well-woman visit *the teen years*

RECOMMENDED FOR EVERYONE YOUR AGE     IF THIS APPLIES TO YOU

## What to expect at your visit

### GENERAL HEALTH

- Blood pressure check
- Depression & anxiety screening
- Mood & suicide-risk check
- Alcohol, tobacco & substance-use screening
- Height, weight & BMI
- Healthy-eating & activity guidance
- Vision & hearing tests
- Safe-relationship & violence check

### SEXUAL & REPRODUCTIVE HEALTH

- Birth-control counseling, as desired
- HIV test (at least once after 15) & risk check
- Chlamydia & gonorrhea testing  
if sexually active
- STI-prevention counseling

## Vaccines for your age

### ROUTINE FOR THIS AGE

- Tdap booster  
around age 11-12
- HPV  
2-dose series, starts 11-12
- Meningococcal ACWY  
11-12, booster at 16
- Flu  
every year
- COVID-19  
current vaccine

### If this applies to you — care

- Diabetes (blood sugar) screening  
if overweight with added risk
- Cholesterol (lipid) screening  
family history of high cholesterol
- Skin-cancer prevention counseling  
fair skin
- Hepatitis B, hepatitis C or TB testing  
if at higher risk

### If this applies to you — vaccines

- Meningococcal B  
ages 16-18, shared decision
- Catch-up: MMR, chickenpox, hepatitis A & B  
if not already complete
- Mpox  
if at higher risk