

# Your Preventive Health Checklist

From [www.HealthyTransitionsLA.org](http://www.HealthyTransitionsLA.org)

Taking responsibility for your health is part of becoming independent adult. Look at this list before your checkup or print it and take it with you. (Adapted from AAFP Adolescent Preventive Care Guidelines.)



1.	You get a health checkup every year, even if you are not sick or injured. Your preventive care fits your age, development, and individual needs.
2.	Your doctor's privacy policies are clear to everyone, including you. Your privacy is protected and your care givers are there to help you get care.
3.	Your caregivers also get health information that helps them take care of you.
4.	You understand the importance of taking an active part in making your health care decisions. You talk to your doctor and understand your physical growth, your social development, and your sexual maturity.
5.	You talk to your doctor about how to avoid injuries in sports and other activities.
6.	You and your doctor discuss healthy dietary habits, the benefits of exercise, and how to build a healthy lifestyle.
7.	You know how to manage your weight safely and you discuss eating disorders with your doctor if you think you might have one.
8.	You and your doctor discuss responsible sexual behavior, how to prevent sexually transmitted diseases (STDs), and methods of birth control. If you are sexually active, your doctor screens you for STDs. You and your doctor discuss your risk for unintended pregnancy.
9.	You and your doctor discuss how you can avoid tobacco (cigarettes and smokeless tobacco), alcohol, anabolic steroids, and other substances that can be abused.
10.	You are screened for cervical cancer every year if you are female and sexually active or older than 18.
11.	You talk to your doctor if you are depressed or are thinking about suicide.
12.	You talk to your doctor if you have a history of emotional, physical, or sexual abuse.
13.	You talk to your doctor if you have learning or school problems.
14.	You are tested for tuberculosis (TB) If you've been exposed to the TB virus, lived in a homeless shelter, have been incarcerated, or are working in health care.
15.	You receive recommended immunizations in the recommended timeframe. <a href="#">Immunization recommendations</a> <a href="#">Immunization clinics</a>
16.	If you are an LGBTQ youth, you are aware of health care issues that might affect you and you talk to your doctor about them. <a href="#">Gay and Lesbian Medical Association</a>