

For children ages 11 to 19

Topics you may want to discuss with your doctor

Exercise

- Regular physical activity (at least 30 minutes per day starting at age 11) can reduce the risks of coronary heart disease, osteoporosis, obesity, and diabetes.

Nutrition

- Eat a healthy diet. Limit fat and calories. Eat fruits, vegetables, beans, and whole grains every day.
- Optimal calcium intake for adolescents and young adults is estimated to be 1,200 to 1,500 mg/day.

Sexual health

- Sexually transmitted infection (STI)/HIV prevention;⁶ practice safer sex (use condoms) or abstinence.
- Avoid unintended pregnancy; use contraception.

Substance use disorder

- Use of alcohol, tobacco (cigarettes, vaping, or chewing), inhalants, and other drugs among adolescents is a major concern for parents. Let the doctor know if you have any concerns about your child.

Dental health

- Floss and brush with fluoride toothpaste daily. Seek dental care regularly.

Other topics for discussion

- It is a good idea to let your teenager have private time with the doctor to ask any questions he or she may not feel comfortable asking you.

Immunizations

Flu, annual	Recommended ²
Hepatitis A	For individuals not previously vaccinated and risk factors are present
Hepatitis B	For individuals not previously vaccinated; for individuals with risk factors seeking protection ²⁹
HPV (human papillomavirus)	Two- or three-dose series depending on age at initial vaccination. Recommended for all adolescents age 11-12 years and through 18 years of age.
Meningococcal	Routine vaccination two-dose series. First dose at ages 11-12, second dose at age 16.
MMR (measles, mumps, rubella)	At pre-adolescent visit (ages 11-12) if missing second dose
Pneumococcal (pneumonia)	For children with risk factors ⁶
Tdap booster (tetanus, diphtheria, pertussis)	For children ages 11-12 who have completed the recommended DTaP immunization series ¹⁷
Varicella (chicken pox)	At pre-adolescent visit (ages 11-12) if missing second dose

Screenings/counseling/services

Alcohol misuse	Screening for unhealthy alcohol use and behavioral counseling as needed
Blood pressure, height, weight, BMI, vision, and hearing	At annual exam
Chlamydia and Gonorrhea	Screening for all sexually active women under age 24 and for women at increased risk for infection ¹¹
Contraception	FDA-approved contraceptive methods for females, education, and counseling ³²
Depression	Screening for all adolescents for major depressive disorder (MDD)
Domestic violence and abuse	Screening for interpersonal and domestic violence for adolescents, women, and women of childbearing age ³⁴
Drug Misuse	Screening for unhealthy drug use ²⁵
Healthy diet and physical activity	Behavioral counseling ²⁷
Hepatitis C	Screening for HCV infection in persons at high risk of infection ³⁰
HIV	Screening for all adolescents and adults ages 15-65. Recommend preexposure prophylaxis (PrEP) to persons at high risk of HIV acquisition.
Obesity	Screening, counseling, and behavioral interventions and offer or refer to comprehensive intensive behavioral intervention to promote improvements in weight status
Sexually transmitted infections	Behavioral counseling as needed ²⁶
Skin cancer	Behavioral counseling for minimizing exposure to ultraviolet radiation for adolescents at high risk
Syphilis	Screening for individuals at increased risk for infection ¹²
Tobacco use and cessation	Discuss education or brief counseling to prevent initiation of tobacco use among school-aged children and adolescents
Tuberculosis	Risk assessment and testing if risk identified

Promoting your preteen's and adolescent's social and emotional development

Parents need to offer open, positive communication while providing clear and fair rules and consistent guidance. Let your child find his or her own path while staying within the boundaries you have set.

- Be a good role model for handling disagreements – for example, talk calmly when disagreeing.
- Praise him or her for successfully avoiding a confrontation – for example, say, "I'm proud of you for staying calm."

- Supervise the websites and computer games that your child uses.
- Set limits on use of computers, telephones, texting, and TV after a set evening hour to help your child get regular sleep.
- Talk to your child about healthy relationships. Dating abuse does occur among preteens and teens.
- Be a role model for healthy eating and regular physical exercise.

For pregnant women

Screenings/counseling/services

Alcohol misuse	Screening for unhealthy alcohol use and behavioral counseling as needed
Aspirin	Low-dose aspirin use for the prevention of morbidity and mortality from preeclampsia ¹⁴
Asymptomatic bacteriuria	Recommended screening using urine culture in pregnant women.
Breast-feeding counseling	Promote breast-feeding to pregnant or postpartum women. Provide comprehensive lactation support and breast-feeding equipment.
Chlamydia and Gonorrhea	During first prenatal visit and second screening during the third trimester for those at increased risk ¹¹
Depression	Refer pregnant and postpartum persons who are at increased risk of depression to counseling interventions
Drug Misuse	Screening for unhealthy drug use ²⁵
Folic acid	Discuss use of 0.4 to 0.8 mg daily
Gestational diabetes	Women between 24- to 28-week gestations and the first prenatal visit for pregnancy. Women identified to be at increased risk for diabetes.
Hepatitis B	First prenatal visit ²⁹
HIV	First prenatal visit ²³
Preeclampsia	Screening with blood pressure measurements
Rh (D) incompatibility	Recommended repeated Rh(D) antibody testing for all unsensitized Rh(D) – negative women at 24 to 28 weeks' gestation, unless the biological father is known to be Rh(D) – negative
Syphilis	Recommend early screening for infection in all pregnant women ¹²
Tdap	One dose of Tdap is recommended during each pregnancy, preferably in the early part of the gestational weeks 27–36
Tobacco use and cessation	Screening for tobacco use and tobacco-cessation intervention

Having a baby? Be aware that while almost all women get the “baby blues” after childbirth, as many as 10% will get postpartum depression. For more information, visit our website, blueshieldca.com, or see your healthcare provider.

Recommendations for a healthy pregnancy

Prenatal care

Begin within 14 days of confirming pregnancy.

Dietary supplements

Women of childbearing age should take 0.4 to 0.8 mg of folic acid daily to decrease the risk of fetal brain and spinal cord birth defects. The recommended calcium intake for pregnant or nursing women is 1,000 milligrams daily.

Screenings and diagnostics

Blood pressure and weight check at all visits; urine test; obstetrical history and physical; screenings for asymptomatic bacteriuria; chlamydia; gestational diabetes; Group B streptococcal bacteria; hepatitis B; syphilis; gonorrhea; hematocrit; rubella; varicella; Rh (D) incompatibility; HIV counseling and screening; ultrasonography;

screening for alpha fetoprotein; chorionic villus screening (CVS) or amniocentesis (for women age 35 and older); blood tests for certain birth defects; fundal height; fetal heart tones.

Discussion topics at prenatal care visits

Prior vaccinations (including flu shots), history of genital herpes, nutrition, smoking cessation, other medication and drug use, preterm labor risk, domestic abuse, mental health as an initial intervention service after screening for interpersonal and domestic violence, and other medication and drug use.

Postpartum care

To be performed within three to seven weeks following delivery. Postpartum exam to include weight, blood pressure, breast and abdomen exam, or pelvic exam.