

## **My Choices for a Healthier Me™ Ages 11-20 Years**

### **TennCare Kids screenings or check-ups are provided for children and adolescents through age 20 years**

UnitedHealthcare Community Plan has adopted the Bright Futures/American Academy of Pediatrics Guidelines for Preventive Health Screenings for children and adolescents through age 20 years. This means your child's check-up will include certain tests or screens. These screens happen when your child is a specific age. This guidelines are important so your child's primary care provider can be sure your child grows and develops okay. The schedule includes a TennCare Kids screen every year for your child and adolescent age 11 through 20 years.

#### **Your child's check-up will include**

- History (family history and personal history)
- Physical Exam
- Vision and hearing screening
- Developmental and behavioral screenings
- Shots
- Lab tests
- Health education

#### **Screening/Labs**

- Height, weight and BMI
- Blood pressure every year
- Routine depression screening
- Routine screening for obesity
- Total blood cholesterol (TC) screenings for younger adults who have other risk factors for coronary heart disease. Some risk factors for heart disease include diabetes and family history of heart disease. Other risk factors are high cholesterol and high blood pressure.
- Alcohol and Drug Use Risk Assessment
- Chlamydia screen if sexually active. Risk factors for Chlamydia include having multiple sex partners and having had a sexually transmitted infection (STI) in the past. Also, not using condoms all the time or having many partners increases risk.

#### **Counseling Injury Prevention**

- Use smoke detectors
- Practice firearm safety
- Learn swimming, water safety
- Protect skin from sunburn
- Lap-shoulder belts
- Bicycle helmets - More information about Tennessee bicycle helmet laws is provided in the Tennessee Chapter of the American Academy of Pediatrics' Tennessee Bicycle Helmet/Preventive Health Brochure:

[https://www.tnaap.org/documents/bike\\_helmet\\_bro-eng\\_2014.pdf](https://www.tnaap.org/documents/bike_helmet_bro-eng_2014.pdf)

### **Diet and Exercise**

- Drink low fat milk and eat low fat snacks
- Make healthy food choices
- Encourage sports and exercise
- Take in a good amount of calcium (for females)

### **Substance Use**

- Avoid tobacco use
- Avoid underage drinking and illicit drug use
- Avoid alcohol/drug use while driving, swimming, and boating, etc.

### **Sources:**

- *U.S. Preventive Services Task Force:* <https://www.uspreventiveservicestaskforce.org/>
- *Tennessee Chapter of the American Academy of Pediatrics:* <https://www.tnaap.org>