

HEALTHY YEAR CHECKLIST

Check-Ups		How Often
Pediatrician, Nurse, Health Care Provider		
<input type="checkbox"/>	Routine Wellness Visits	Every year - Includes developmental milestones, behavioral assessments, anticipatory guidance, physical activity and nutrition
<input type="checkbox"/>	Growth and Body Mass Index	Every year
<input type="checkbox"/>	Cholesterol Blood Test	As needed based on family history
<input type="checkbox"/>	Blood Pressure Check	Every year
<input type="checkbox"/>	Hearing Check	As needed based on family history
<input type="checkbox"/>	Vision Check	Every year. Eye exam for needing glasses/contacts at age 12.
<input type="checkbox"/>	Vaccines	<div><input type="checkbox"/> Flu - Every year</div> <div><input type="checkbox"/> Tdap - Get 1 booster at 11 or 12 years old</div> <div><input type="checkbox"/> HPV - HPV vaccine series is recommended for both boys and girls at 11 and 12 years old, start as early as 9 years old</div> <div><input type="checkbox"/> Meningococcal ACWY - First shot at age 11 or 12</div>
<input type="checkbox"/>	Anemia Blood Test	Girls annually. Boys starting at 12.
<input type="checkbox"/>	Sexually Transmitted Diseases	Only needed if child is sexually active
Dentist		
<input type="checkbox"/>	Oral Health Check-Up	Check-up visit every 6 months

