

Health Screening Guidelines, Ages 2 to 18



Screening tests and health counseling are a key part of managing your child's health. A screening test is done to find disorders or diseases in people who don't have any symptoms. Screening tests are not used to diagnose. They are used to find out if more testing is needed. The goal may be to find a disease early so it can be treated with more success. Or the goal may be find a disease so lifestyle changes can be made. And your child can be watched closely to reduce the risk of disease.

Below are guidelines for children and teens from ages 2 to 18. Talk with your child's healthcare provider. Based on your child's health history and risk factors, the provider may change the screening advice. Make sure your child is up-to-date on what they need.

Screening	Who needs it	How often
Chlamydia and gonorrhea infections	All people with a uterus in this age group who have sex	Once a year
High lead level	Children age 6 and younger	Questions to learn risk, or blood tests, may be done once a year
HIV	Children in this group who are ages 15 to 18. Talk with your child's healthcare provider.	At routine exams at age 15 or older (or younger if at risk)
Obesity	Assessment of risk for all children in this age group	At routine exams
Tooth decay and other dental problems	All children in this age group	Dental exams every 6 months. Fluoride supplements from age 6 months to 16 years for those with low fluoride levels in their water. Fluoride varnish should be applied every 3 to 6 months. Fluoride rinses may be used in children age 6 years or older, if they are able to rinse and spit.
Type 2 diabetes or prediabetes	Children ages 10 or older who are overweight or obese and have 1 or more other risk factors for diabetes	At least every 3 years or more often if BMI is increasing
Blood pressure	All children 3 years of age and older	Annual well-child visit
Vision and hearing problems	All children in this age group	Screening 1 time between ages 3 and 5 years. After that, every 3 years.
Anemia	Children age 12 months and older	1 time at about 12 months old, then repeated as needed based on risk
Counseling		Who needs it
Depression		Children between ages 12 and 18 years
Anxiety		Children between ages 8 and 18
Prevention of skin cancer		Pale-skinned children starting at age 6 months
Prevention of sexually transmitted infections (STIs)		Children in this age group who have sex
More physical activity		Children with obesity, diabetes, or prediabetes
Prevention of tobacco use		All school-age children
		How often
		At routine exams
		At routine exams
		At routine exams
		At routine exams
		At routine exams
		At routine exams

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