

Preventive Care for Teens and Young Adults

What kind of life do you want to live?

Do you want to be healthy and energetic? Or do you want to be tired and slow all the time? Believe it or not, **you have a lot of choice** in the matter. If you want to look great, feel great, and live your healthiest life, you have to make choices that will get you there.

What are you choosing right now?

Take a look at what you're choosing every day. The choices you make have a big effect on how you feel right now, and an even bigger effect on how you'll feel in years to come.

Check the boxes below about the choices you're making, and see what they're adding up to. Use a pencil so you can move the mark when you make a change.



The choices you make every day about your lifestyle and staying in touch with your healthcare providers will make all the difference in how you look and feel.

	Rarely	Sometimes	Almost always
Eat healthy			
• Eat a healthy breakfast			
• Fill 1/2 your plate with vegetables and fruit			
• Avoid sweetened drinks			
Keep moving			
• Get at least 60 minutes of exercise a day — where your heart is beating faster and your breathing is harder than normal			
• Limit screen time to 2 hours a day			
Sleep well			
• Sleep about 9 hours every night			
Don't use			Always
• Stay away from alcohol if you're under 21			
• After 21, no more than one drink a day			
• Stay away from tobacco — all kinds			
• Stay away from drugs			
What are your choices leading to?			

Try to get most of your check marks into this column.
Need some help? Talk to your doctor for ideas.

So what do you need to do?

Some of these things, like sleeping enough or not getting hurt, you need to think about every day. Others, like going for a checkup, you do less often. **Give yourself a gold star for what you're already doing well. Draw a circle around 1 or 2 things you want to work on.**

Don't get hurt

Every year about 30,000 young people suffer brain injuries that cause permanent disability or death. Don't be one of them! Start here:

- Use safety gear.** Seat belts, helmets, wrist guards, and life jackets are all there to keep you in one piece. Let them.
- Choose a safe ride.** Never text or talk on the phone while driving. Never get in a car with someone who's been using drugs or alcohol. Don't drive with people who are goofing off. Crashes happen fast when you're not fully there.
- Choose a safe crowd.** If anyone in your life — even someone in your own family — is hurting you, abusing you, or making you do things you don't think you should do, get help.

Get your shots

A shot may hurt a little, but it's a lot better than coughing until you throw up. And way better than being the one who spreads a deadly illness around the whole school. These are the shots you need as a teenager:

- Tdap
- Meningococcal
- HPV
- Flu (get this one every year)

Check in with your doctor and dentist

A lot of big health problems start out as small health problems you can't see. Finding out about them early can save you a lot of pain and trouble. Better yet, a visit to the doctor or dentist can often **make you feel better right now.** Under most insurance plans there's no cost to you.

- Go in for a checkup every year.** The doctor will:
 - Check your blood pressure.
 - Check your eyes to make sure you can see well, and your back to see if your spine is straight.
 - Ask about your mood, stress, and relationships.
 - Ask about how much physical activity you get, and measure your body mass.

If you're stressed about your weight, eating patterns, sexual behavior, or other health or emotional issues, you can ask the doctor about them while you're there.

- Go to the dentist every 6 months.** The dentist will check your teeth and gums and help you have a great smile.

Need something else? Call 211.

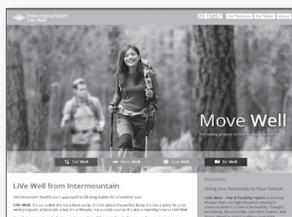
211 is a phone number that connects you to free community resources — like 911, but not for emergencies. They refer you to places that offer help with things like rent, community clinics, pregnancy, and more. They're also online at 211ut.org.

Want more?

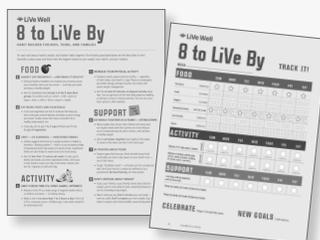
We have an app for your phone, a cool website, and some handouts that can help boost you to the next level.



Look for *Intermountain Live* on the App store



Check out the *IntermountainLive.org* website



At *IntermountainLive.org*, you'll find lots of cool stuff like the *8 to Live By* Habit Builder and *Track It!*



Ask your doctor about *Quitting Tobacco*

And be sure to check out this website: kidshealth.org/teen

