Optimum Internal Medicine and Pediatrics

10044 Hwy 46, Bon Aqua, TN 37025 | (931) 996-4247

16 to 20 Year Visit

Parent and staff instructions - keep with the clinical sheet

Parents / guardians: Complete only the identification, allergies, medicines, and the upper-left Nutrition and Problems / Interval History sections. You may type in the available identification fields, then print. Leave measurements, risk-assessment results, screening scores, examinations, orders, vaccine entries, billing and signatures for staff. Bring **both pages** to the appointment. Do not send completed forms through the website.

Teen confidential health questions are completed privately with the care team, not by a parent. Patients age 18 or older complete their own information unless an authorized representative is needed.

Do not give medicine based on this form alone. Printed doses and vaccine sequence numbers on the clinical sheet are preserved workflow entries, not patient-specific orders.

Staff medication verification: Before any dose, verify current weight in kg, age, indication, allergies, product concentration, dose in mg **and** mL, interval, maximum daily dose and contraindications. Document clinician-approved instructions. Preserved numbers do not replace this check.

Age-specific clinical checks

Use an age-appropriate balanced diet rather than a blanket 20-30% fat or 300 mg cholesterol limit; individualize for growth and medical risk.

Use standardized anxiety screening (age 8+) and depression/suicide-risk screening (age 12+), with confidential adolescent assessment. HIV screening: at least once at ages 15-21, with risk-based repeat testing. Universal lipid screening: once at 9-11 and once at 17-21.

MenB is not routine simply on request at age 11: shared decision-making is generally at age 16-23 (preferably 16-18); age 10+ recommendations apply to increased-risk patients. Verify current MenACWY product and schedule; preserved brand/sequence entries are not eligibility decisions.

TennCare Kids ends when the member turns 21. Screening within a range ending at 21 may still be eligible when performed before the 21st birthday, subject to plan requirements.

Staff screening check: Use validated age-appropriate tools, not checkboxes alone: developmental screens at 9, 18 and 30 months; autism at 18 and 24 months; mental/emotional/behavioral screening per current AAP schedule.

Staff vaccine and billing check: Reconcile actual records, age, product, prior doses, minimum intervals and contraindications against current AAP guidance. Verify preserved protocol numbers, including combination-vaccine components. Billing presets are not orders: code actual services and payer rules; COVID-19 administration uses 90480, not 90460/90472. Do not automatically apply modifiers or unit counts.

Sources and version

Clinic revision based on AAP 2026 immunization guidance, current AAP preventive-care guidance and age-specific safety references. Original TNAAP 07/2025 attribution and intentional workflow marks are retained. This clinic revision does not imply TNAAP endorsement.

AAP preventive care | AAP 2026 immunizations | AAP current RSV guidance

16 to 20 Year Visit

Date _____

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Tennessee Chapter
INCORPORATED IN TENNESSEE
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

Form revised 07/2025

Name _____ Birth Date _____ Age _____

Historian _____ Allergies _____ Medications _____

Weight _____kgs. Length _____cm BMI _____%tile Temp. _____AX REC

B/P: _____ / _____

Nutrition
Low fat milk? ☐ Yes ☐ No
Variety of fruits, vegetables? ☐ Yes ☐ No
Eats breakfast? ☐ Yes ☐ No
Eats supper with family? ☐ Yes ☐ No

Interval History/New Problems
Change in family history? ☐ Yes ☐ No
Change in social history? ☐ Yes ☐ No
If Yes, what? _____
Are there new problems or illnesses since the last visit? ☐ Yes ☐ No
If Yes, what? _____

Dyslipidemia Risk Assessment — +
(every year 17-21 years)
FH CVD heart disease <55 M ☐ Yes ☐ No
FH CVD heart disease <65 F ☐ Yes ☐ No
FH ↑ cholesterol ☐ Yes ☐ No
BP ↕ 90% ___ DM ___ inactive ____
passive smoke ____ Chronic illness ___
BMI > 95% ____

Dyslypidemia Screen — +
(Once between 17-21 years)

Hearing Risk Assessment (16 - 21 years) — +
Hearing Screen (@6000 and 8000hz) — +
(once between 15-17 years, once between 18-21 years)

Vision Risk Assessment (16 - 21 years) — +
☐ Wears glasses, sees eye specialist

Hepatitis B Risk Assessment ☐ Yes ☐No

Anemia Risk Assessment — + poverty ___ poor diet ____ chronic illness _____ menorrhagia ____

Tobacco/Alcohol/Drug Assessment
(Every year 11-21 years) — +
Ethoh, drug or substance to get high — +

TB Risk Assessment — +

STI Risk Assessment
(every year 11-21 years Screen if Positive) — +
Hx of sexual activity

HIV Screen — +
(At least once 15-21 years)

Hepatitis C Virus Infection Screen
(Once between 18-21) — +

Depression & Suicide Risk Screening
(every year 12-21 years)
☐ Normal ☐ Abnormal

Developmental Surveillance
☐ Yes ☐ No Concerns? _____

Psychosocial/Behavioral Surveillance
☐ Yes ☐ No Concerns? _____

Sudden Cardiac Arrest/Death Assessment
(Every Year, 11-21 years) ☐Yes ☐No

Physical Exam

Undressed: ☒ yes ☐ no

General	☐ nl	☐ abnl
Head	☐ nl	☐ abnl
Neck	☐ nl	☐ abnl
Eyes	☐ nl	☐ abnl
Ears	☐ nl	☐ abnl
Nose	☐ nl	☐ abnl
Throat/Mouth/Teeth	☐ nl	☐ abnl
Chest		
Breasts/Tanner Stage	☐ nl	☐ abnl
Lungs	☐ nl	☐ abnl
Heart	☐ nl	☐ abnl
Abdomen	☐ nl	☐ abnl
Femoral Pulses	☐ nl	☐ abnl
Extremities	☐ nl	☐ abnl
Genitalia/Tanner Stage		
Female ☐	**Male** ☐	

Musculoskeletal Exam

Shoulder/arm	☐ nl	☐ abnl
Elbow/forearm	☐ nl	☐ abnl
Wrist/hand/fingers	☐ nl	☐ abnl
Hips/thigh	☐ nl	☐ abnl
Knee	☐ nl	☐ abnl
Leg/ankle	☐ nl	☐ abnl
Foot/toes	☐ nl	☐ abnl

EPSDT CPT/ICD 10 Coding:
99384-25 if New or 99394-25 if Est. 16-17y/o
Z00.129 normal or Z00.121 abnormal
99385 if New or 99395 if Est. 18-20 y/o
Z00.00 normal or Z00.01 abnormal (adult codes)
90460-59, 3 units or 5 units if flu & covid given
Z23
for ages 16-17 y/o OR
90471-59, 1 unit for flu and 90472-59, 1 unit for COVID 19 for ages 18+ (adult codes)
96110-59 Z13.40, Z11.1
96127-59, 2 units Z13.89, Z13.31
96160-59 Z11.1, Z13.88, Z13.84
99173 Z13.5
36415 Z13.0, Z13.88, Z11.3, Z13.89
88738 Z13.0
99000 Z11.3, Z13.220
86580 if administered Z11.1
Vaccine codes as marked
Add E/M code if abnormal findings requiring treatment with -25 modifier

Circle Vaccines Administered:
Menactra (ACWY) 16 years (Dose #2)
Gardasil 9 (HPV 9 if not given prior)
Trumemba (Men B if not given prior series), with shared decision making

Safety
☐ Driving and automobile safety
☐ Bike helmet, safety
☐ Smoke detectors in home
☐ Swimming, water safety
☐ Firearm safety
☐ Sunburn prevention, tanning beds

Health
☐ Healthy food choices, Ca++ intake☐
Concerns about weight, body image☐
Periods (girls) LMP_____ ☐
Age-appropriate fats; see companion ☐
Individualize dietary counseling ☐
Balanced diet; see companion
☐ Adequate sleep
☐ Acne
☐ Encourage sports, exercise
☐ Sports form attached ☐ Yes ☐ No

Social/Behavioral
☐ School adjustment, performance ☐
Plans for work/further education ☐
Tobacco use
☐ Drug and alcohol use
☐ Dealing with stress, anger
☐ Limit TV, computer time <2 hrs/day
☐ Friends and fun
☐ Boy or girl friends /dating safety
☐ Abstinence, birth control
☐ STDs
☐ Family relationships

Social/Beha vioral *(continued)*
☐ Social Media
☐ Sleep hygiene
☐ Eating disorder screen — +

Impression
☐ Well Adolescent
☐ Normal Growth
☐ Normal Development
☐ _____

Plan/Referrals
☐ Immunizations current? ☐ Yes ☐ No
☐ Tdap, MCV4 Booster, Varicella, HPV, Hep B
☐ Influenza vaccine
☐ COVID-19 vaccine
☐ Meningitis B vaccine discussion
☒ Counseling
☒ RTC at _____ years
☒ Handouts
☒ Cholesterol screen once 17-21 years
☒ Hgb (if + menarche or high risk every year)_____
☐ Supplementation if deficient in fluoride
☐ Pap - 21 years
☒ STD screening (if at risk)
☒ HIV screen at least once 15-21 years
☐ TB test (if at risk)
☐ Review transition plan
☐ Parent declination of treatment _____
☐ Referrals _____
☐ _____

_____ M.D. / P.N.P. / DO / PA

Note: Bright Futures recommends screenings through age 21. TennCare Kids provides coverage for children birth until age 20 and ends at age 21. Screenings before the 21st birthday may be covered within those age ranges, subject to plan requirements.