

adolescents & young adults

do they still need a WELL-VISIT?

a.k.a.

Annual Visit
Well-child Visit
Yearly Check-Up
Wellness Exam
~~Sports Physical~~
not the same thing

what?

This preventive health care visit focuses on healthy physical and emotional growth. It includes a health assessment, physical exam and offers guidance on teen and young adult health and well-being.



1x every year

when?

Teens & young adults should receive a well visit annually.



where?

Visit your family practice doctor or pediatrician – or ask at any local clinic.

who?

At a well-visit, young people meet with health experts **privately** and **together** with their care-givers.



care team

Doctor
Nurse
Physician's Assistant



home team

Teens
Young Adults
Families & Care Givers

why?



- Advocating for and managing health
- Navigating the health care system
- Building a relationship with health provider

adolescence is a time of **physical, social and emotional** growth with **unique health challenges and opportunities**



good time for a **family health talk**

- American Academy of Pediatrics liked
- Centers for Disease Control Retweeted



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An ounce of #prevention is worth a pound of cure.