

FAQ

the adolescent and young adult well-visit A GUIDE FOR FAMILIES

What is an Adolescent Well Visit?

A well visit is a yearly checkup with a health provider for young people (ages 11-21).

The goal is to keep your child healthy, and allow them to get their important health questions answered.

What happens at a Well Visit?

Health providers (e.g., doctor, nurse practitioner, physician's assistant):

- Conduct a physical exam, height/weight and blood pressure check
- Check for behavioral and mental health concerns
- Give advice and support on staying healthy (e.g., healthy eating physical activity, healthy relationships, stress management)
- Give Immunizations as needed



My adolescent just had a Sports Physical. Do they also need an Adolescent Well Visit?

YES. The Well Visit addresses important issues that are not covered in a Sports Physical.

A Sports Physical is a limited exam that only evaluates health issues that would prevent participation in sports.

Ask your provider if both can be done at the same time.



Why is the Well Visit important – even when my adolescent is feeling well?

Maintains Good Health

It's an important opportunity to discuss healthy development and other important information with adolescents and their parents/caregivers.

Develops Skills

Spending time alone with a health care provider helps young people learn to

- Take charge of their health
- Build trusting relationship with their providers
- Discuss health topics important to them.

Helps Families Communicate

Families help adolescents understand their health history, and learn how to schedule appointments.



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