

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.



Learn More

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



TheRealBenFranklin@1706...
An ounce of #prevention is worth a pound of cure.

1x
every
year

**Teens and young
adults should
receive a well
visit annually.**

@ a clinic near you

**Adolescent
& Young Adult
WELL-VISIT**



PARENTING TIP:

Teens and young adults still need an
ANNUAL CHECK UP



American Academy of Pediatrics liked



Centers for Disease Control Retweeted



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is worth a pound of cure.

always available @ a clinic near you

**where do
adolescents & young
adults learn to
navigate the health
care system?**



@ a clinic near you

**Just ask for an
Annual Check-Up**



TASK #7

**Learn to
navigate the
health care
system**

@ a clinic near you

Adolescent
& Young Adult
WELL-VISIT

whatever you call it

Annual Visit

Well-Child Visit

Yearly Check-Up

Wellness Exam

Child & Teen Check-Up

**adolescents & young adults
need one every year**