

# 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

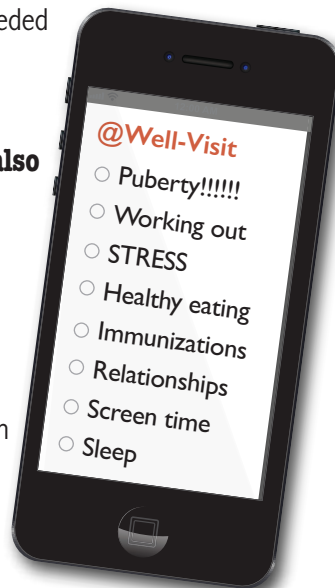


### My adolescent just had a Sports Physical. Do they also need an Adolescent Well Visit?

**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.

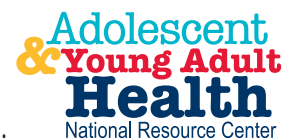
#### Helps Families Communicate

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



### Learn More

To learn more about the Well-Visit or to find a provider, visit the Adolescent & Young Adult Health National Resource Center web site.



Funded by HRSA/MCHB, the Center works with state health departments and medical professionals to support the health and well-being of young people and their families.

[http://nahic.ucsf.edu/resource\\_center/](http://nahic.ucsf.edu/resource_center/)

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