

# 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

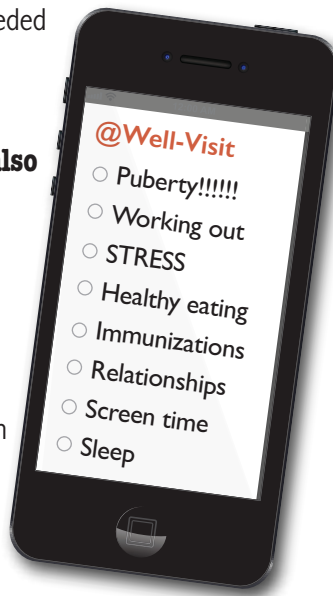


### My adolescent just had a Sports Physical. Do they also need an Adolescent Well Visit?

**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**



- 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



**TheRealBenFranklin@1706...**

An ounce of #prevention  
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**