

A Family Guide to Teen Well Visits

Help your teen stay healthy

Many families struggle to make time for a teen well visit. A well visit is an appointment with a health care provider that focuses on keeping teens healthy by addressing health risks before they are a big concern. All teens ages 12–17 should have a well visit each year.

A Teen Well Visit Includes:

1. Blood Pressure Check
2. Physical Exam
3. Vision and Hearing Screen
4. Weight Assessment
5. Immunizations
6. Depression Screen
7. Alcohol and Drug Risk Screen
8. Some Infection Screen

But I'm not sick...

Exactly! Well Visits help you stay healthy.



Teens develop skills



Spending alone time with a health care provider helps teens build trust, learn to communicate about their health, and gain skills needed to navigate the health care system.

Teens learn to ask questions!

Teens talk to providers



Spending time alone with teens helps to build trust and identify health concerns teens may find embarrassing.

Teens learn to trust providers.

Families communicate



Families play a critical role in helping teens understand health histories, learn how to schedule appointments and learn values about health.

Teens and parents work together.

24/7 Care referrals and information available at <https://wellbadger.org/> or 1-800-642-7837.

Well Visit components are defined by the Center for Medicare & Medicaid Services.

