

# Teen Well Visits

## A Guide for Families



### Help your teen stay healthy

A well visit is an appointment with a health care provider that focuses on keeping teens healthy and preventing diseases.

All teens ages 12-17 need to have a well visit each year to maintain physical and emotional well-being.

### Well Visit

vs.

### Sports Physical

- ✓ Full physical exam
- ✓ Health history
- ✓ Nutritional and sleep habits
- ✓ Behavioral and mental health
- ✓ Tobacco and substance use
- ✓ Violence and injury prevention
- ✓ Reproductive health
- ✓ Healthy relationships counseling
- ✓ Immunizations

- ✓ Limited physical exam
- ✓ Health history

A well visit can include a sports physical if needed!



### At the Visit...

#### Families, teens, and providers communicate together

- Provides space to discuss and help teens understand individual and family health histories
- Helps teens learn values about health
- Teaches teens to schedule appointments



#### Teens have one-on-one time with their medical provider

- Builds trust between teen and provider
- Allows them to discuss private aspects of being a teen in a safe supportive place
- Teens learn to ask questions
- Helps teens get ready to enter the adult health care world