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

**Well Visit**
- 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

**Sports Physical**
- 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

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