How to Have a Well Visit: A Teen's Guide

**What?**

Teens ages 12-17 should have a well visit every year to achieve and maintain physical and emotional well-being.

**What's Included?**

- Physical exam
- Blood pressure check
- Vaccines
- And questions about your...
  - Mental health
  - Sleep
  - Eating habits
  - Life at home
  - Relationships

May also include...

- Vision and hearing screen
- Sexually transmitted infection screen

**Confidentiality**

It is your right to talk to a provider alone. Teen patients may consent to many important and life-saving services in Wisconsin. Ask your health care provider about their confidentiality policy.

"But I'm not sick"

Contact: dhsadhealth@dhs.wisconsin.gov

For more information, scan this code!