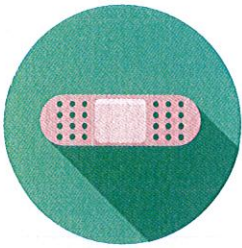


# TEEN WELL VISITS

The pre-teen and teen years are times of change, growth and social pressures that make going to the doctor every year more important than ever!



## WHAT?

A "well visit" is a scheduled appointment when your teen is not sick. This visit helps to PREVENT health problems and is a perfect chance for teens to talk to the doctor about any concerns. Well visits are also referred to as "checkups" or "yearly physicals." All teens and preteens 11-17 years old should have a well visit at least once a year.



## WHAT DOES A WELL VISIT INCLUDE?

Blood Pressure Check • Weight Check • Physical Examination • Vision and Hearing Screen  
Vaccinations • Mental Health Screen • Infection Screen • Alcohol and Drug Risk Screen

## WHY YEARLY WELL VISITS? Teens Develop Relationships with Providers

Doctors start to talk with their adolescent patients around age 13 without the presence of a parent. Well visits are a perfect chance to develop trust between themselves and their health care providers.



## TEENS TAKE CHARGE OF THEIR HEALTH

Teens should start paying closer attention to their bodies and their health care needs. Developing a relationship with their doctor is a sure sign of taking ownership of one's health.

## TEENS COMMUNICATE WITH THEIR FAMILIES

Parents should encourage check-ups and help their teen take charge of their health by being open to conversations about various health concerns. Parents can let them schedule the appointment.



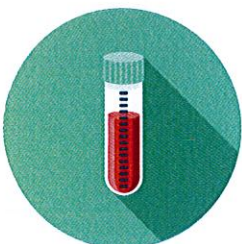
## STAY ON TOP OF EMERGING PROBLEMS

Social pressures and daily stressors are ever present during the teen years. Doctors and health care providers can help identify signs of depression and other issues in order to help teens and parents navigate these years in the best way possible.

*Contact your doctor or clinic today!*  
*Don't have one? Visit [www.healthychildren.org](http://www.healthychildren.org)*



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