

# Get Smart About Your Health

*A Simple Guide to the  
Adolescent Well-Visit*



**An adolescent well-visit** is an annual exam for patients ages 11-21 to meet with their healthcare providers (HCP) to discuss their health and have a physical exam.

It's also a great time for adolescents, parents and caregivers to ask questions about their health. Different topics may be covered in the exam dependent on the patient's age.



## Health History

Before the visit begins, the patient will fill out a questionnaire about their health history.



## Developmental/Behavioral Health Discussion<sup>1</sup>

Topics may include:

- ▶ Family and friends
- ▶ Emotional health
- ▶ Exercise and eating habits
- ▶ Alcohol, drug or tobacco use
- ▶ Any sexual activity



## Physical Examination<sup>2</sup>

Exam may include:

- ▶ Measurements (height, weight, blood pressure, BMI, etc.)
- ▶ Back and spine examination
- ▶ Skin examination (for skin conditions, acne, etc.)
- ▶ Vision and hearing screening
- ▶ Pubertal development (to ensure appropriate development)



## Screening<sup>1,2</sup>

It may include:

- ▶ Depression
- ▶ Sexually transmitted infections (chlamydia, gonorrhea and HIV)
- ▶ Lipid disorders, anemia and tuberculosis



## Immunizations<sup>1</sup>

Depending on the patient's age, their HCP may administer immunizations as appropriate.

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***Adolescents can discuss their health privately with their doctor. Talk to your healthcare provider if you have any questions or concerns.***

**References:** 1. American Academy of Pediatrics and Bright Futures. Recommendations for Preventive Pediatric Health Care. [https://www.aap.org/en-us/Documents/periodicity\\_schedule.pdf](https://www.aap.org/en-us/Documents/periodicity_schedule.pdf). Updated February 2017. Accessed August 9, 2018. 2. Hagan JF, Shaw JS, Duncan PM. Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents [pocket guide]. Fourth ed. Elk Grove Village, IL: American Academy of Pediatrics; 2017.

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