

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 Discussion¹

Topics may include:

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



Physical Examination²

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^{1,2}

It may include:

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



Immunizations¹

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

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. 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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