# Get Smart About Your Health

*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 and parents to ask questions about their health. Different topics may be covered in the exam dependent of the patient's age.

## Health History

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

## Developmental/Behavioral Health Discussion[1]

Topics may include:

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

## Physical Examination[2]

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**

## Screening[1,2]

It may include:

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

## Immunizations[1]

Depending on patients' ages, HCP may administer immunizations for tetanus, whooping cough, meningitis, hepatitis, HPV and more.

## Resources

If you have any further questions about your adolescent well visit or your health, feel free to ask your healthcare provider.

**Commented [CY1]:** Instead of listing all in bullets, let's just simplify in a sentence or two.

**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.