

The Importance of an Adolescent Wellness Visit

The why behind wellness visits for infants, toddlers and young children is commonly understood, but the reasons why wellness visits are important for adolescents aren't as well-known. Here are some common misconceptions and what you need to know.

A Healthy Habit to Start



MYTH:

"Now that my child is a teenager, they don't need a wellness visit as often."



TRUTH:

An adolescent wellness visit is as important as a wellness visit for a young child.

Behaviors developed during adolescence, such as nutritional habits, physical activity routines and even mental health patterns, often extend into adulthood. The screenings that take place during wellness visits give providers an opportunity to positively influence the health and development of your teenager.

An Open Conversation



MYTH:

"My child is becoming a teenager and won't open up about anything important to a doctor."



TRUTH:

Often adolescents do have trouble being forthcoming and sharing their feelings, worries and questions with adults. However, your provider has been trained in how to have an open and productive conversation with your teenager.

Through a wellness visit, your child will learn how to be honest with and trust their provider,

which will benefit them as they enter adulthood and potentially encounter more complex health problems.

A Holistic View



MYTH:

"My child gets a sports physical every year, and that's the same as their wellness visit."



TRUTH:

A sports physical and a wellness visit are two different exams.

The sports physical is a review of your child's current health status and medical history to deem them healthy enough to play their chosen sport. It is not covered by insurance. A wellness visit includes not only an examination of your child's physical health, but also the developmental, emotional and social aspects of their health. It is covered by insurance.

What's Included

Your child will experience many physical, emotional and mental changes during their adolescent years. Help them get the support they need during this transition by scheduling their next adolescent wellness visit today.



Services	Sports Physicals	Adolescent Wellness Visits
Height and weight	✓ Included	✓ Included
Vision and hearing	✓ Included	✓ Included
Muscle and bone health, flexibility and strength	✓ Included	✓ Included
Heart health	✓ Included	✓ Included
Blood pressure	✓ Included	✓ Included
Overall health history <i>(taking into account family health history)</i>	✗ Not Included	✓ Included
Necessary lab work	✗ Not Included	✓ Included
Immunizations/vaccinations	✗ Not Included	✓ Included
Behavioral development screening	✗ Not Included	✓ Included
Preventive health <i>(creating a plan for any problems identified)</i>	✗ Not Included	✓ Included
Nutrition and sleep habits	✗ Not Included	✓ Included
Adolescent issues <i>(puberty, romantic relationships, peer pressure, etc.)</i>	✗ Not Included	✓ Included
Opportunity to get referrals to specialists if needed	✗ Not Included	✓ Included