



Adolescents and Well-Child Visits

Adolescents should visit their primary care provider's office once a year for a well-child visit. A well-child visit is different than other visits for sickness or injury; instead, the provider does a full checkup focusing on preventive care.

To make the most of your adolescent's well-child visit:

- **Gather important information**
 - Make a list of any important changes that have occurred in your child's life since their last visit. Such changes may include changing to a new school, divorce, or the illness or death of a friend or family member.
- **Make a list of questions for the doctor or nurse**
 - Before the well-child visit, make a list of 3-5 questions you would like to ask. This is a great time to ask about any health conditions your child has (like asthma or acne), problems at school, or changes in your child's behavior or mood.
- **Know what to expect**
 - During a well-child visit, the doctor or nurse will ask questions, do a physical exam, and update your child's medical history. Additionally, there will be time for you and your child to ask questions and discuss any problems.
- **Help your child get more involved in the visit**
 - Encourage your child to take control of their health care by calling to schedule appointments, help you fill out medical forms, or write down questions that they would like to ask at their appointment.

<https://health.gov/myhealthfinder/topics/doctor-visits/regular-checkups/make-most-your-childs-visit-doctor-ages-11-14>