adolescents & young adults

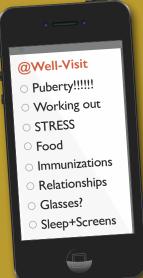
do they still need a WELL-VISIT?

Annual Visit **Well-child Visit** Yearly Check-Up Wellness Exam

not the same thing

what?

This preventive health care visit focuses on healthy physical and emotional growth. It includes a health assessment, physical exam and offers guidance on teen and young adult health and well-being.



vear

when?

Teens & young adults should receive a well visit annually.



where?

Visit your family practice doctor or pediatrician — or ask at any local clinic.

who? At a well-visit, young people meet with health experts privately and together with their care-givers.



care team

Doctor

Nurse

Physician's



home team

Teens

Young Adults

Families & **Care Givers**

why?



- Advocating for and managing health
- **Navigating** the health care system
- Building a relationship with health provider

adolescence is a time of physical, social and emotional

growth with unique health challenges and opportunities



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TheRealBenFranklin@1706... An ounce of #prevention is worth a pound of cure.

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