



Adolescent Well Visit

At this visit, we make it clear that we are your child's doctor and his or her advocate. We often conduct these visits without a parent in the exam room and address many of the emotional and physical issues specific to this age. We often let the patient lead the discussion in order to cover all of the concerns and questions your child might have.

As with your child's previous well visits the doctor will review, diet, elimination, exercise and sleep with your child. A full physical exam is performed. In addition, your teenager will spend some time alone with his or her physician. This allows both the doctor and the adolescent the ability to have confidential discussions. All teenagers are asked the same questions.

We invite you to share your concerns and questions with your teen's doctor at the start of the visit. Remember to write down any questions you may have for your doctor before your teenager's check ups. We encourage you to discuss all of your questions and concerns with your child before the visit.

We understand that it might be hard for you to not be part of the whole office visit. It's easier for teens and adults to share information in private. Spending time alone with their doctor helps them learn how to take responsibility in a safe way. Your child will be given a confidential questionnaire to fill out prior to seeing the doctor. We ask that you let your teen fill out the questionnaire in private. Remember, we are dedicated to supporting you in keeping your teen healthy and safe. Most of what is discussed between a teen and his or her doctor is kept private. If you have questions about this, please ask the doctor.

What vaccines and/or screening tests should I expect at this visit?

Starting at age 13 your child will receive a private questionnaire that asks them about their feelings. We will also start to spend a little bit of time alone with your child without you in the room. This allows us to create a bond with your child as their healthcare provider and encourage them to be open and honest with us. We encourage you to start with your child in the room and will have you join us again in the end to regroup if necessary.

At age 14 and 18 your child will receive a finger prick to test for anemia (low iron).

At age 16 your child will receive the Menactra (meningococcal) and Trumenba (protects against a different type of meningococcal disease). The Trumenba is a 3 part series which begins at this visit with a booster 2 months later and a final booster 4 months after that. If the season is appropriate, your child may also receive the [Influenza](#) vaccine. Your child may be eligible to have the [Influenza](#) vaccine as a nasal spray instead of an injection. You can discuss this option with your doctor.