



A Key to Healthy Adolescents **Wellness Visits**

We bring our kids to the clinic when they're sick; however, it's important to bring them in when they are well too.

A wellness visit helps:

PREVENT PROBLEMS

- ___ Find health problems early
- ___ Make sure shots vaccinations are up to date
- ___ Review healthy eating & physical activity

TRACK GROWTH AND DEVELOPMENT

- ___ Height and weight
- ___ How your adolescent learns & grows
- ___ Mental, behavioral, and social health

BRING UP CONCERNS

- ___ Sleep
- ___ Behavior
- ___ Growth and development
- ___ Oral health
- ___ School life
- ___ Overall safety
- ___ Discuss adolescent's ability to get along with others

CREATE A TEAM APPROACH

- ___ Build trust in each other
- ___ Help when well and help when sick
- ___ Work together for adolescent and family needs
- ___ Find other resources to help your adolescent
- ___ Learn, think and problem solve

WHEN SHOULD I BRING MY ADOLESCENT IN FOR A WELLNESS VISIT?

Yearly wellness visits should continue into adulthood.

Wellness visits help give your adolescent the best chance to grow into a healthy adult.

Check your health plan to see when wellness visits (pediatric preventive visits) are covered.