

"It's time that adolescent health comes of age. Adolescent health is a smart investment: not only will it improve health and survival in the short term, it will bring benefits for future generations."

Valentina Baltag, WHO

**ADOLESCENT HEALTH
MATTERS TO US!**



Will County
Health Department &
Community Health Center

CONTACT US

Will County Health Department
and Community Health Center
1-815-727-8480

www.willcountyhealth.org

 @WillCoHealth

 Will County Health Department

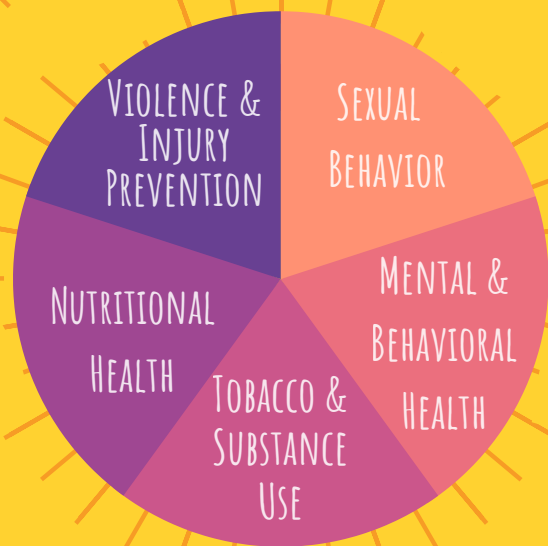


ADOLESCENT
HEALTH
WHY IT MATTERS

**Adolescence is a time when many chronic
physical, mental health, and substance use
conditions first emerge**

What is an adolescent annual well-care visit?

One thing it is not, is a sports physical. Well-care visits cover a much larger array of health topics from healthy eating, nutrition and exercise, to substance abuse and mental health.



KEY FOCUS AREAS

Annual well-care visits for adolescents, ages 11 to 21, can provide the screening & health counseling necessary to monitor any issues & address the **5 key areas of adolescent health**



Why are annual well-care visits important?

3 out of 4 adolescents ages 12-19 report engaging in at least one risky health behavior

Annual well-care visits help adolescents to:

- Adopt a pattern of early screening, counseling, and intervention
- Build their confidence to effectively and appropriately utilize the health care system
- Reinforce health promotion messages for both adolescents and their parents

Annual well-care visits help physicians to:

- Identify adolescents with chronic conditions or who are at-risk for health problems or have initiated health-risk behaviors
- Provides them the opportunity to monitor growth and development, support psychological and emotional well-being, and encourage healthy lifestyles

Allowing your child time alone with their doctor can build trust & allow them to talk freely about topics they may not be ready to discuss with you

COVERED SERVICES

Whether you have private insurance or Medicaid, annual well-care visits should not cost you a thing if you stay within your approved provider network. For a complete list of covered services, call your insurance provider.

Immunizations

Age-appropriate recommended vaccines are part of a well-care visit and may include:

- Annual Flu Shot
- Tetanus
- Meningitis
- MMR (Measles, mumps, rubella)
- Tdap (Tetanus, diphtheria, pertussis)
- HPV (Human papilloma virus)

Physical Exams

A physical exam may include all, or any, of the following depending on the child's age:

- Height, weight, & BMI
- Blood pressure monitoring
- Reproductive exams (when appropriate)
- Heart & lungs
- Ear, nose & throat

Lifestyle Counseling

An annual well-care visit should also include screenings for risk factors such as:

- Anxiety & depression
- Drug & alcohol abuse
- Sex & sexuality
- Family planning & safe sex
- Healthy relationships
- Screen-time
- Nutrition & exercise

