"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!**

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

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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.

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

Why are annual well-care visits important?

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

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

Number 1

Number 2

Number 3

Number 4

Number 5

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