



WELL-CHILD EXAMS

11 to 20 Years Old
Schedule visits *every year*.



As young people get older, their growth and development still need monitoring. Regular well exams are one of the best ways to find physical, developmental, and emotional problems. The American Academy of Pediatrics suggests that teens and young adults have yearly exams. This gives your doctor a chance to offer education and answer questions that you may have. The Upper Peninsula Health Plan (UPHP) urges you to read the information below. *If it has been more than a year since a checkup, please schedule one.*

What can you expect in a wellness exam for teens and young adults?

A Physical Exam - a complete exam from head to toe

Health and Developmental History -

- **Immunizations** will be reviewed and given according to schedule. Bring the shot records to *all* visits. Have the nurse or office worker make a copy for your child's health record. Ask them to keep your own copy up-to-date.
- Plan to talk about issues of **growth, development, and behavior**.

Screening Exams -

- **Weight and height** will be checked at every visit. The nurse or doctor will **graph** both on a **growth sheet** and calculate the body mass index (BMI). This will show if growth is at a normal rate.
- **Blood pressure** will be checked.
- **Vision** will be checked at ages 12, 15, and 18 years.
- **Hearing** will be discussed and tested *if needed*.
- **A blood test** to check **hemoglobin and hematocrit** will be done if needed.
- **A blood test** for **cholesterol** will be done between ages 18 and 21 years.
- **A pelvic exam** will be done for women who are older than 21 or sexually active.
- If sexually active, **testing will be done for chlamydia** and other sexually transmitted infections.

Education and Counseling -

- Age-related issues will be discussed, such as:
 - Diet and exercise
 - Substance use
 - Social concerns
 - Sexual development
 - Accident and violence prevention

Questions That You May Have for the Doctor -

- Use this space to jot down your own questions. Take this form with you to the next visit.
