

5 things **YOU** need to know about the Adolescent Well Visit



The well visit is more than a physical

It includes discussion of health topics



The well visit is recommended every year



The doctor will respect your privacy



The doctor can talk about any of your personal concerns



Don't be embarrassed or afraid of being honest

#EveryAgeEvenTeenage

Additional Resources:
TEEN Line: 800-443-8336
www.idph.iowa.gov/Adolescent-Health



North IA Community
Action Organization
1-800-657-5856

BE IN CHARGE OF YOUR HEALTH

#EveryAgeEvenTeenage

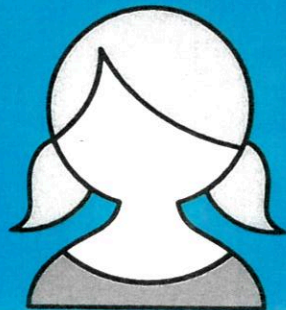
100 1st NW
Suite 200
Mason City
IA 50401



[www.idph.iowa.gov/
Adolescent-Health](http://www.idph.iowa.gov/Adolescent-Health)

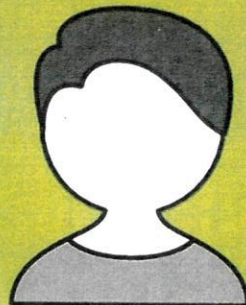
Age 11-12

- Ask your doctor about your health care rights
- Learn about your medical history
- Know your medications and allergies
- Try talking to your doctor alone: Be honest and ask questions if you have them



Age 13-14

- Talk to your doctor alone during your visit
- If available, set up an online profile to view your medical information
- Check into your appointments by yourself



Age 15-16

- Set your own appointments
- Call your pharmacy to refill your medications
- Know how to contact your doctor, dentist, etc.
- Learn about your health insurance or ask about your insurance options



Age 17-18

- If you are moving away, make a plan for where you will receive care
- If needed, transfer your medical records to your new doctor
- Ask your doctor what your privacy rights will be when you are 18
- Make sure you have health insurance after turning 18

