

Adolescent Well-Visits

What you need to know



If you're 11-21, you need a yearly Adolescent Well-Visit!

An adolescent well-visit is a yearly visit with your primary care provider (doctor, nurse, physician's assistant) to check your growth, development, and overall wellbeing.

- It's also called a **well-child check, annual physical, or annual doctor appointment.**
- It's **free with most health insurance plans, including AppleHealth.**
- It's different than a sports physical, but it can count as one!



What Happens at a Well-Visit?

Your primary care provider will:

- **Do a physical exam** to check your blood pressure, ears, eyes, throat, heart, lungs, and belly.
- Ask about **mental health**, life at home and school, eating and sleeping habits, and screen use.
- Give you **private time to talk** about sensitive topics like relationships, alcohol or drug use, or sexual activity. **If your provider forgets to offer, it's OK to ask.**
- **Give any vaccines** based on your age or grade.
- **Answer your questions** about your health or body and give advice to stay healthy.

Know Your Rights

In Washington, you can get some health care on your own, **even if you're under 18:**

- **Any age:** Emergency care, birth control, pregnancy care, and abortion
- **Age 13 and over:** Mental health and substance use care and treatment
- **Age 14 and over:** Sexually transmitted infection (STI) testing and treatment

You can also keep this care private. Ask your provider how confidentiality works.

Want To Learn More?

- Find more info at [Adolescent Well-Visits](#) or go to [Teen Health Hub WA](#) for more on health insurance or to find a provider.



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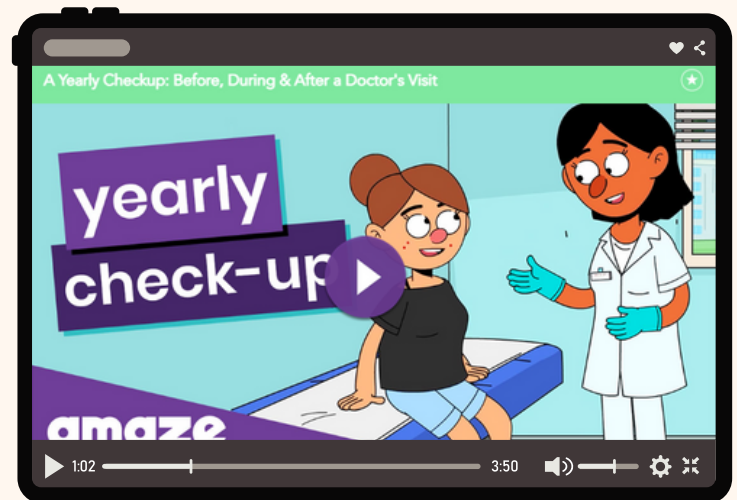
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Resources and information



Adolescent Well-Visits

- [Child and adolescent well visits - Washington DOH](#)
- ["Your Yearly Checkup" Videos - Amaze.org](#)
- [Twins, teens and young adults need checkups too - Seattle Children's Hospital](#)
- [Health Care How Tos - Washington DOH](#)



Vaccines

- [Vaccine information for teens - Vaccineinformation.org](#)
- [Vaccines for tweens, teens, and young adults - American Academy of Pediatrics](#)

Confidentiality and Minor Consent

- [Health care for minors - Washington Law Help.org](#)
- [Teens, Privacy and Health - Washington DOH](#)

Health Insurance

- [Apply for health insurance - Washington Health Benefit Exchange](#)
- [Teen application process - Washington Medicaid/Apple Health](#)
- [Health insurance questions and answers - Planned Parenthood](#)



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Scan to visit the Hub!