teen health hub WA

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Adolescent Well-Visits

What you need to know

WASHINGTON

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 **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**
- Ask about **mental health**, home and school, eating and sleeping, and screen use.
- Offer **private time** to talk about relationships, alcohol or drug use, or sexual activity.
- **Give vaccines** based on your age or grade.
- **Answer 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 and even during a well-visit.**
- This includes birth control, abortion, and pregnancy care at any age; mental health and substance use care at age 13; and treatment for sexually transmitted infections at age 14.
- **You have the right to keep this care private.** Ask your provider how confidentiality works.

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