



Well Visits for Adolescents and Young Adults

Well visits help make sure you are growing at the right pace. They also allow you to ask your doctor questions about what's happening with your body.



Well Visit exams include:



Routine Check-ups

- Overall health
- Dental, vision, hearing
- Mental health



Vaccines

- Human Papilloma Virus (HPV)



Counseling

Counseling on milestones and safety

Visit www.cdc.gov/vaccines/schedules to see your recommended vaccine chart.

Ages 11-21: Major Milestones

This is a time for many physical, mental, emotional, and social changes. Hormones change as puberty starts. It is an exciting time but a lot is going on. Be patient with yourself- get the tools you need to grow and succeed!

You may also start to notice these changes:

- More independence about body image, looks and clothes.
- Enjoy more time with family and friends.
- Be able to express yourself through speech, art, or other interests.

Adverse Childhood Experiences (ACE's) and Health

Health starts with hope. To support you and your family, your doctor may ask questions about ACE's. Having this talk opens the door for help.

Here are some examples of ACE's:

- Separation or divorce.
- Incarcerated household member.
- Domestic violence.
- Abuse or neglect.

This screening is for children and adults. Learn more at www.acesaware.org

Important Resources

HPSJ/MVHP Customer Service
1-888-936-7526, TTY 711

HealthReach 24/7 Nurse Advice Line
1-800-655-8294



Learn more about Well Visits:
www.hpsj.com/well-visit



Behavioral Health Services
1-888-581-7526
www.hpsj.com/bhs