

DID YOU KNOW?

Only **1 in 5** Oregon teens gets an **annual check-up**, and the chances of having **poor physical and mental health** as an adult can be **52% higher** for people who **don't receive needed care** early in life.



Annual Well-Care Visits Can Prevent Potential Risks:

- * **1 in every 3** Oregon teens experienced **depression** last year
- * **1 in 6** Oregon teens seriously **considered suicide**
- * Each year there are **9.5 million** newly diagnosed cases of **STIs** among young adults
- * Teens who **start drinking** at an early age are **4 to 5 times** more likely to develop **alcohol abuse** as adults

*Facts from the 2015 Oregon Healthy Teen Survey

We want **YOUR TEEN** get the **BEST CARE** possible!

Health and health habits developed in teen years impact their health as adults. That's why national recommendations call for teens to have a well-care visit each year... even when your teen is NOT sick.

Our providers partner with teens to address health issues early and to help them build the healthcare skills they will need as adults. Our goal is to help them be healthy in both body and mind.

WELL-CARE VISITS: WHAT IS ADDRESSED

National recommendations for what should be addressed in a well-care visits have changed dramatically over the last decade. Well-care visits are now focused on early identification of health risks and promotion of health that have life-long impacts. Important health components that will be included in a well-care visit, are:

- ✓ *Teen health history and physical exam*
- ✓ *Vision and hearing screenings*
- ✓ *Immunizations and vaccines*
- ✓ *Weight, diet and overall physical health*
- ✓ *Emotional health and wellness screening and support*
- ✓ *Bullying and prevention of violence*
- ✓ *Guidance for healthy relationships*
- ✓ *Sexual health, and prevention of STIs/STDs and pregnancy*
- ✓ *Discussion of drug or alcohol use or experimentation*

WELL-CARE VISITS vs. SPORTS PHYSICALS: WHAT'S THE DIFFERENCE?:

Sports physicals focus only on physical exams and do not include all of the nationally recommended components of well-care visit. A sports physical form can be completed at the time of well-care visit.

EMPOWERING YOUR TEEN TO TAKE CONTROL OF THEIR HEALTH:

The teen years are a critical time to transition the teen to play an active and primary role in their health and use of health care. In alignment with national recommendations, we will make sure to explain our confidentiality policies and ensure that the provider spend a part of the visit alone with the teen to build trust and to provide the best care possible.

ANNUAL WELL-CARE VISITS COVERED!

Your teen's annual well-care visit is a covered service that should be paid for by your insurance, at no cost to you, based on provisions in the Affordable Care Act that went into effect in 2010! Check with your individual health plan for details.

How do I, or my teen, schedule an appointment?

Please call us at (###) ###-#### today!

Help your teen get the best care possible!
Trustworthy * Comprehensive * Teen-Centered