

# Top 5 Reasons Why Your Teen Needs A Yearly Check-up



5. Because your teen is enrolled in an EqualityCare program and it's FREE!
4. Problems can be found early and treated before they get worse.
3. Many problems begin before your teen looks or feels sick.
2. Annual Check-ups are for ALL teens and not just those involved in sports activities.

**1. Find out if your teen is  
HEALTHY!!**

January 2003

## What is included in a yearly Health Check-Up?

- ❖ A complete Head-to-Toe physical exam
- ❖ Immunizations
- ❖ Lab tests as needed
- ❖ Nutrition check (eating habits)
- ❖ Dental and Vision Screening
- ❖ Pap smear (if sexually active)
- ❖ Screening for sexually transmitted diseases (if sexually active)

## Examples of Common Problems seen during the physical exam...

- ✓ Acne
- ✓ Weight Problems
- ✓ High Blood Pressure
- ✓ Family History

## Health Information Discussed during a Teen Check-up ...

### General Areas:

- ✓ Relationships with Parents
- ✓ Need for physical activity
- ✓ Limit TV & video games
- ✓ Injury & violence prevention
- ✓ Sleep & nutrition needs
- ✓ School Issues
- ✓ Sexuality:

\* answer any questions your teen has

### High Risk Behaviors:

- ✓ Drug & alcohol issues
- ✓ Cigarettes & smokeless tobacco
- ✓ Dealing with peer pressure
- ✓ Driving safety

### Mental Health:

- ✓ Dealing with stress
- ✓ Identifying signs of depression
- ✓ How to feel good about themselves

## Making Appointments...

- ❖ You may make an appointment directly with your doctor, dentist, a clinic, or a community health center.
- ❖ It is best to establish a “medical home” in your community - a place where the doctors/providers know your teen's history.
- ❖ It is important for you to keep your appointment. Your doctor and dentist reserve time especially for you. If you cannot keep your appointment, call your doctor and/or dentist and tell them as soon as possible.
- ❖ When you go for your appointment, take your teen's EqualityCare card, their immunization record and a list of questions you or your teen have.

**\*Parent/Teen Relationships are vital  
to Teen well-being.**

**Relationships.** Teens who have warm, involved, and satisfying relationships with their parents are more likely to do well in school, be academically motivated and engaged, have better social skills, and have lower rates of risky sexual behavior than their peers.

**Monitoring/Awareness.** Parents who know about their children's activities, friends, and behaviors, and monitor them in age-appropriate ways, have teens with lower rates of risky physical and sexual behaviors, as well as lower rates of drug, alcohol, and tobacco use than their peers.

**Modeling.** Teens whose parents demonstrate positive behaviors on a number of fronts are more likely to engage in those behaviors themselves.

**Approach to Parenting.** Research shows that teens whose parents are supportive and caring, but who also consistently monitor and enforce family rules, are more likely to be motivated and successful in school, as well as mentally and physically healthy. In contrast, teens whose parents are overly strict and do not give them any independence are more likely to engage in risky behaviors.