

Understanding the Teen Well-Visit Schedule



When Should Your Teen See Their Doctor?

Teens should see their doctor at least once a year, every year, between the ages of 11 and 21. These visits play an important role in monitoring the growth, development, and well-being of teens and ensure they are building the right habits for a healthy future!

What Happens at Each Visit?

Doctors will tailor their exams and appointments based around a child's health history and unique needs, but there are common activities that take place each year. Visits may include:

From 11 to 14 years old:

- Monitor height & weight to measure growth
- Check blood pressure to monitor for emerging health conditions
- Complete basic screenings for mental health concerns
- Discuss eating habits, sleep, & physical activity that is appropriate for their age
- Answer questions and share information about bodily changes & development
- Complete a full physical exam with medical clearance for sports or activities
- Provide immunizations to ensure all required vaccines are given
- Order follow-up testing for anemia, high cholesterol, tuberculosis, and sexually transmitted infections (STIs) if needed

From 15 to 17 years old:

- Monitor height & weight to measure growth
- Check blood pressure to monitor for emerging health conditions
- Complete basic screenings for mental health concerns
- Discuss eating habits, sleep, & physical activity that is appropriate for their age
- Answer questions and share information about puberty and hormonal and bodily changes
- Complete a full physical exam with medical clearance for sports or activities
- Provide immunizations to ensure all required vaccines are given
- Order follow-up testing for anemia, high cholesterol, tuberculosis, and STIs if needed

From 18 to 21 years old:

- Monitor height & weight to measure growth
- Check blood pressure to monitor for emerging health conditions
- Screen for depression, anxiety, eating disorders, suicidal ideation, and more
- Verify that these young adults have developed a sense of self, value individual relationships over peer groups, have become more independent, are able to think abstractly, and have long-term plans for the future
- Address questions about the future, college, or entering the workforce
- Provide strategies for coping with stress and other pressures as they reach adulthood
- Share important information on daily safety like driving, social media, sexual health, healthy relationships, sunscreen, safe living situations, etc.
- Prepare patient to transition to adult care



We prioritize your questions and concerns during these visits!

Doctors can help and want to address questions about physical health, emotional health and well-being, safety, social media use, sexual health, alcohol or drug use, and more.



Together, we can help raise a new generation of happy, healthy teens!

Don't forget to schedule your teen's yearly well-visit today.