

## What is a Well Teen Exam?

It is an exam that is done when you are healthy. This exam helps keep you healthy by preventing or finding and solving problems early. This helps them feel good and even helps them learn.

### **A well teen exam includes three things:**

1. A health history
2. A physical exam
3. Immunizations and tests



## What Can You Do to Prepare for the Well Teen Exam?

1. Bring a list of questions you'd like to ask the doctor or nurse practitioner
2. Ask for a copy of your exam results and an explanation of their meaning.
3. Bring music, books, or other items that will help you feel comfortable while you wait
4. Bring your immunization (shot) record with you

**Los Angeles County,  
Department of Public Health  
Child Health and Disability Prevention  
Program**

Phone: (800) 993-2437

Website:

[www.publichealth.lacounty.gov/cms/CHDP.htm](http://www.publichealth.lacounty.gov/cms/CHDP.htm)

# Well Teen Exam for 13 to 19 Year Old

## What to expect



## What Will You Find in this Booklet?

This booklet will help you understand what the doctor or nurse practitioner will do and look for during the well baby exam.

### Health History

The doctor or nurse practitioner may start the exam by asking questions that will help best meet your health needs. They may ask questions about these topics:

- Your past illnesses
- Your diet
- Your school
- Your interests and friends
- Health problems in your family
- If you or anyone in your house smokes

You can ask questions at any time during this visit.



### Physical Exam

The doctor will start the physical exam after the health history. The physical exam has several parts:

#### Growth and Development

This part helps see if you are growing properly. You will be weighed and measured. Your skin will also be assessed. Many changes are taking place in your body. It is good to get health check-ups before going to camp or starting sports.

#### Whole Body

This part checks different parts of the body. The doctor will listen to their heartbeat and breathing. They will also touch the stomach and look at the genital area.

#### Vision

This part checks how well you can see. The doctor will check how well your eyes follow an object and respond. These tests will tell if you need glasses.

#### Hearing

This part checks for ear infections and hearing loss.

#### Dental

This part checks your teen's tonsils, teeth, and gums. Visit the dentist twice a year. Limit sodas and sweets.

### Immunizations and Tests

After the physical exam, it is time for immunizations (shots) and other tests. The right shots depend on your age. Ask your doctor what shots are right for you. Let them know if you have missed a shot so that you get it now.

Based on the physical exam, your doctor may also want to run other tests, including:

- Blood pressure test
- Tuberculosis (TB) skin test
- Diabetes finger stick or urine sample
- Anemia blood test
- Urine sample for urinary tract infections
- Pap smear tests, pelvic exams, or sexually-transmitted disease (STD) tests, if you are sexually active

Remember, you can ask questions at any time during this visit. You can ask anything, like why tests need to be done, what test results mean, and when should you come back.