



For Parents

THE TEEN VISIT (15-17 years old)

In a few short years, your child will become an adult!

It is important to know that teenagers learn through new experiences. Some of these are healthy; like joining a new club or making new friends. But some of these are not healthy; like trying drugs, skipping class, or engaging in risky behaviors. We understand that the teen years can be concerning for parents.

Please know we are here to help. A healthy life is all about making good choices. Part of the Healthcare Provider's role is to encourage your teen to make good choices.

WHAT TO EXPECT DURING TODAY'S VISIT

- Weight, height, vision, hearing, and blood pressure measurements.
- Patients who are 15 and older will be screened for sexually transmitted infections (STI's) including gonorrhea and chlamydia.
 - We do these tests for **ALL** teenagers aged 15 and older (even if they are not sexually active).
 - These tests are done through a urine test collected while in the office.
 - This screening is recommended by the CDC and American Academy of Pediatrics.
 - Please inform the assistant preparing your child for the visit if you are choosing to opt out of this testing.
- Screenings for adolescent depression and drug/alcohol use will be given to patients who are 13 and older at check in, if not completed beforehand. We ask that they complete it on their own and give it to their healthcare provider.
- The provider will meet with you and your child together to discuss any medical care, follow up needs, and vaccine information.
- Any discussion between your teen and the Provider is considered private unless:
 - a) They tell us someone is abusing them
 - b) They tell us that they want to hurt themselves
 - c) They tell us that they plan to hurt someone else.
- **By law, we are not allowed to share results of the STI tests with you (unless we have permission from your child).** We always encourage teenagers to be open with their parents about everything.

Thank you for choosing Weiser & Associates, and remember, we are here to help.



Ages 15 - 25 years

Why am I here?

The Teen/Early Adulthood Visit and why it's so IMPORTANT!!

Hey! Thanks for coming in today. Taking care of your physical, educational, and mental health is our mission. Please let us know how we can help.

What Happens Now?

1. Please fill out the screenings you were given if you did not complete them ahead of time. This survey is something we give to all teen patients, and it should be done by you alone. It helps us check your emotions and feelings.
 - When you complete the survey, please hand it to your doctor.
2. Upon being brought to a room today, you will get weighed, have your height measured, and have your blood pressure taken.
3. You will then be given a urine cup and asked to provide a urine specimen. It is routine at this visit that your urine be tested for possible sexually transmitted infections only, even if you are not currently sexually active.
 - **By law, we are not allowed to share results of your STI tests with your parent, unless you give us permission.**
 - Please inform the assistant preparing you for the visit if you are choosing to opt out of this testing.
4. After your doctor talks with you and your guardian about any concerns you both may have, your doctor will talk to you separately. During this time you will have a **private (confidential)** talk with your doctor. Please think of any concerns you have that you want to talk to your doctor about including:
 - Your strengths
 - How school is going and what you may want to do later in life
 - Your diet and exercise choices
 - Relationships in your life
 - Your feelings and emotions
 - Safety
 - Recommended vaccines
 - Your physical health and any concerns or questions you may have

That's it!

Thank you so much for your time. Please let us know if you have any questions or concerns. We are here to help.