Dear (INSERT NAME),

Welcome to a new chapter of your life, filled with growth, discoveries and exciting adventures! As you navigate the road to adulthood, we want to emphasize the importance of prioritizing your health and well-being.

One important way to prioritize your health and well-being is through regular well visits with your health care provider. These check-ups are not about addressing sickness - they are about proactively managing your health to catch any potential issues early on and ensuring everything is on the right track. Your well visits are an opportunity to tailor your health care to your specific needs. You can share your preferences, concerns and goals with your health care provider so they can provide personalized advice and support. Establishing a good relationship with your health care provider is vital. It creates a comfortable environment where you can openly discuss your health, ask questions and seek guidance.

Please know that your well-being is a personal and private matter, and you should feel comfortable and secure in seeking health care. Here are some key points regarding confidentiality and privacy:

1. **Confidentiality is a Priority:** Your health care provider is committed to maintaining the confidentiality of your health information. What you discuss during your appointments is private and your provider is bound by ethical and legal standards to keep this information confidential.
2. **Safe Space for Open Communication:** We understand that discussing health matters may sometimes feel sensitive. Rest assured, your well visits are a safe space for open and honest communication. You can trust that your provider is there to offer support and guidance without judgment.
3. **Parental Involvement and Consent:** While confidentiality is essential, there are legal and ethical considerations. In some cases, health care providers may need to involve parents or guardians, especially when it comes to certain treatments or if there are safety concerns. However, your provider will always strive to involve you in decisions about your health whenever possible.
4. **Understanding Your Rights:** As an adolescent, you have rights regarding your health care privacy. It's essential to be aware of these rights and if you ever have questions or concerns about confidentiality, don't hesitate to discuss them with your health care provider.

Schedule your well visits with confidence, engage openly with your health care provider and explore the available resources that support your well-being.

Here's to a happy, healthy and fulfilling journey ahead!

Best wishes,

(INSERT OFFICE INFORMATION)