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Resources

Youth Health Guide

kansasmch.org/resources.asp



YLink

kdads.ks.gov/kdads-commissions/behavioral-health/ylink



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2024



KANSAS
MATERNAL &
CHILD HEALTH

Well Visits for Adolescents and Young Adults

What Are Well Visits?

A well visit is a check-up with a healthcare provider.

Well visits are designed to check on you:

1. Physical Health;
2. Mental Health;
3. Emotional Health; and
4. Social Well-Being.

This is different from other visits for sickness or injury.

This visit provides you a safe space to ask questions and discuss any concerns you may have and to talk about your wellbeing.

This helps the medical health care provider catch any problems early when they might be easier to treat.

How to Get a Well Visit

We want you to be confident in knowing what is going to happen during your well visit.

This is the typical process:

1. Find a health care provider.
2. Schedule your appointment.
3. Arrival and checking in.
4. Your appointment.
5. After your appointment.

1) Find a Health Care Provider

- Decide on the most important qualities for a health care provider (age, gender, race, location, language, insurance coverage, medical knowledge).
- Gather phone numbers, insurance cards and school and work schedules.
- Prepare a quick description of why you are making the appointment and how soon you would like to be seen.
- Have a pen and paper ready to write any instructions.

Know That Your Health Provider:

- Respects your privacy;
- Has answered all kinds of questions from others your age;
- Is an expert and will want to ask you private questions to help you make healthy choices; and
- May help you find a way to talk with your parents or other trusted adults.

2) Schedule Your Appointment

- Use the method you are comfortable with over the phone or online at a health providers website.
- If you schedule online, expect a phone call to confirm your appointment.
- Don't assume you have an appointment until you get some type of confirmation.

It is normal to feel nervous before your appointment and about talking to a health care provider. Remember, they are there to help you. Help them to help you best by asking and answering questions.

3) Arrival and Checking In

- Arrive early. Bring your ID, insurance card, a list of questions and a list of any medications you may be taking.
- Go to the front desk, provide your name, appointment time and the health care provider you are there to see.
- Answer any questions they have, fill out questionnaires on personal health information and be prepared to wait until your name is called.

4) Your Appointment

- Start by talking to your doctor about how you would like the visit to go.
- Your health provider may check your body, including skin, eyes, ears and more.
- You might be asked to put on a gown or covering.
- For sensitive exams, like your chest, breast or other intimate parts – you have the right for a medical chaperone or a second healthcare provider to be in the room.
- Health care providers want you to feel comfortable sharing your thoughts and feelings and they are careful to respect your privacy.
- Do not feel rushed. Ask any questions you may have.

5) After Your Appointment

- You will be given a summary of your appointment.
 - It will include recommendations and plans for any health concerns you discussed.
If you want something private left off, make sure to ask.
- Stop at the front desk to schedule your next appointment.
- Between appointments try to follow the recommendations and plans you received.

