



WHAT WILL YOU TALK ABOUT AT A WELLNESS EXAM?

WHAT WILL YOUR DOCTOR OR NURSE CHECK AT THE WELLNESS EXAM?



Diet, Nutrition and Exercise

How good food (nutrition) and exercise can help make you smart, give you energy and strength, keep you from gaining extra pounds, and make your skin healthier. Ask questions about food, calories, fat, vitamins and exercise.

Height and Weight

Body Mass Index (a measure of body fat based on weight and height)
Blood Pressure, Pulse and Temperature
Muscle Strength and Reflexes
Vision and Hearing



Moods, Stress, Anger, and Peer Pressure

How to deal with stress, sadness, or anger. Find out how to manage your time so you get your stuff done and still have time for fun. Learn how to avoid pressure from your friends to do things that you don't feel good about.

How You Are Feeling

How do you deal with your personal life or your school life? What do you do when you are stressed or angry? What do you do for fun and for exercise? Do you need help learning how to be upfront with your friends?



Sex (pregnancy and disease prevention)

Why and how your body changes during puberty. Learn how getting pregnant or being a father can make your life way too serious, way too fast. Find out about STDs (Sexually Transmitted Diseases).

Pap Test - a cancer check of the opening to the uterus in girls.

STDs - sexually transmitted diseases including Chlamydia for sexually active teens.

Birth Control - for sexually active teens.



Injury Prevention

Ask how you can be safe while doing sports and activities that you like to do. Learn about injuries that are the most common for teenagers. Keep yourself out of the hospital so you can save your body for fun stuff.

Sore Spots and Injuries

Do you know how you to protect yourself from teenage dangers like violence, driving while drinking, or driving without a seatbelt?



Oral Health (the mouth and teeth)

Learn how what you eat, smoke or chew can affect your mouth and your whole body, and which foods, drinks and medications can be harmful to your mouth and teeth if used too much.

Teeth, Gums, Tongue, Throat and Neck

Do you need to see a dentist?



Tobacco and Drugs

Find out why cigarettes and chewing tobacco make you unhealthy, and how they make you less attractive. If you already smoke, get help to stop. Find out why second-hand smoke can be harmful. Learn how alcohol and drug use can make you sick.

Lung Sounds - with a stethoscope to check for asthma or breathing problems.

Eyes, Skin and Belly Area