

## 13-18 years

The teenage years can be an exciting and challenging time as your child grows toward adulthood. Teens should be seen annually for well visits and our office extends these visits by 15 minutes to allow your child time to discuss concerns alone with their pediatrician if they desire. At these visits we continue to provide a physical exam, assessment of growth and development and anticipatory guidance. We also monitor physical, emotional, social and academic development. All teenagers will be given a short survey to screen for depression. In addition to their annual Flu vaccine, your teen may be given vaccines to protect against Meningococcus and Human Papilloma Virus (if not already completed). School forms will be completed free of charge at each of your child's well visits. Camp, scouting or sports forms should be brought in at this time as well.

At this visit:

- Full physical examination
- Assessment of growth and development
- PHQ-9 depression screen
- Anticipatory guidance on topics including diet, exercise and safety
- Vision, hearing and blood pressure screening yearly
- Routine lab work if indicated; spot urine test screen for diabetes and kidney function; urine screen for sexually transmitted disease for those 16 and older.
- Immunizations—Meningococcus and HPV if previously not completed. (Influenza vaccine if indicated)

<https://www.choc.org/primary-care/ages-stages/13-to-18-years/>

<https://www.thewholechild.org/parent-resources/age-13-18/signs-of-normal-development-stages-ages-13-18/>

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/adolescence2.html>