

HELP FOR YOUR NEXT DOCTOR VISIT

Thinking about

Good Health

The healthcare provider you'll see today will check several areas. This includes your height, weight, blood pressure, and taking a look at your eyes, ears, nose, and throat. He or she will also examine your chest, back, stomach, and arms and legs. They may ask some questions below about other things, including diet and exercise, safety, substance use, and how you're feeling emotionally and in your relationships. It all adds up to give a good picture of your overall health, both mentally and physically.

Taking care of you is your healthcare team's most important job! To get ready for your visit, the information on this sheet will let you know what to expect when you're with the doctor or nurse. There are also some questions, and these are meant to help you think about how you're feeling physically and mentally, and to highlight any areas you might want to talk about. You don't have to bring this sheet to your visit (unless you think it's helpful). Anything discussed during your visit is private and isn't shared unless your doctor or nurse is worried about you or someone else.



Speak up! This exam is all about you. If you don't understand something they tell you or are doing, ask them to explain. Any question you ask is a good one!

Questions

Do you have any questions or concerns you need to share with your healthcare provider?

How well do you sleep? How many hours do you sleep each night?

Anything hurt or feel bad?

Have you ever used YES NO

- Cigarettes or alcohol?
- Marijuana
- Ritalin
- Household substances you inhale (like cleaners, glue or paint)
- Hookah/vaping
- Prescription pills that are not prescribed for you?

What kind of exercise do you get? How often do you exercise?

Do you feel safe at home, school, neighborhood, online?
YES NO

Are there guns in your home? YES NO

If yes, are they locked? YES NO

Do you wear seatbelts in the car? YES NO
Do you wear helmets when biking/skateboarding?
YES NO

Recently have you felt: YES NO

- Angry
- Anxious
- Sad or Depressed

Have you ever bullied others? YES NO

Have they ever bullied you? YES NO

How are things going with your friends?

Do you ever have thoughts about hurting yourself or others? YES NO

Do you ever have thoughts about suicide?

YES NO

Sexual Health & Relationships

Sexual health is an important part of your overall health. Your provider will briefly examine your genitals (“junk”) to make sure they are developing normally, and will give you some tips on taking care of yourself. It’s natural to feel a little uncomfortable but don’t worry! This is a normal part of the exam.

Do you have any concerns about your “junk” (penis and testicles)?

Have you ever had sex of any type?

YES NO

If yes, how often do you use condoms?

- Always
- Sometimes
- Never

Do you have any questions or worries about your gender or sexual orientation?

Shots You Need

Vaccines are an important way to protect your health. Your doctor will recommend a shot for you depending on your age, your health condition, and the shots you’ve already had. Some of the shots you might be familiar with such as shots for the flu, tetanus, polio, measles, mumps, and chickenpox. Other shots you may talk about today include Human Papillomavirus (HPV), a shot recommended for all boys your age. Ask your doctor or nurse if you have questions.



Your life. Your health. Your responsibility.
Your health is your power.