



West Virginia HealthCheck

15 Year Visit

What to Expect at the 15 Year Visit

Your 15 year old is most likely in high school now. The transition to high school along with rapid changes in your child's physical, emotional and social development put these middle adolescents at high risk for mental health problems. During this visit some questions your provider may ask include:

Do you have any concerns about your child's development, learning or behavior?

Do you have any questions or concerns about your child's nutrition, weight, or physical activity?

Your provider may talk separately with your child about:

How do you get along with your family?

Have you been feeling sad, had difficulty sleeping, or frequently feel irritable? Are you feeling stressed?

Who do you go to for advice and help with personal decisions in your life?

Have you (or your friends) ever experimented with smoking, spit tobacco, alcohol or **other drugs**?

- Your child's height weight, **BMI** and blood pressure will be measured.
- Your child will have a **dyslipidemia risk screen**.
- Your child's exam will include a **behavioral risk screen**.
- Your child will have a **visual acuity screen**.
- Your child will have a complete head-to-toe physical examination.
- Throughout the visit, you will have opportunities to talk with the provider about questions and concerns you may have about your child. In addition, your provider will give you information about risk reduction and talk about avoiding **peer pressure**.

Preventive Care Tips: Emotional Well Being

Life with your adolescent may seem like a roller coaster. Most teenagers experience ups and downs as they transition from adolescence to adulthood. They have great days and not-so-great days, and successes and failures. While everyone has stress in their lives, it is important to help your teen figure out how to deal with stress in appropriate and healthy ways.

Teens are more likely to make healthy choices if they stay connected with family members and if clear rules and limits are set. Simple guidelines for parents and caregivers include:

- Have a positive relationship with your teen. Show affection. Praise their efforts and achievements.
- Model the positive behaviors you want your adolescent to have.
- Monitor and be aware. Know where your adolescent is and who his friends are. Set limits.
- Reach agreements about limits, consequences, and independent decision making.

It is important for parents and other caregivers to emphasize the importance of school. Success in school is associated with reduction of risky behaviors and an increase in positive social relationships.

Friends continue to be very important in this period and adolescents tend to have small groups of friends who share similar interests and activities. Peer pressure can work in a positive as well as negative direction at this time.

Your teen's health care provider is not only interested in their physical health, but is concerned with their emotional well-being and **mental health** too.

- Worsening or poor academic achievement can be a sign of depression, **anxiety**, attention or learning problems, or a substance abuse problem.
- Fighting or bullying behaviors can indicate the presence of a **conduct disorder** and may co-occur with problems with substance abuse, depression, or anxiety.
- Symptoms of anxiety may cause significant distress and affect the adolescent's functioning at school, at home, or with friends.
- Not adhering to rules and requests can indicate problems with the parent-youth relationship or significant problems with other authority figures.

Parents who are concerned about their adolescent's behavior, moods, mental health, or substance abuse should talk with their teen's health care provider.

What To Expect At The 16 Year Visit

- Your child will have a dyslipidemia risk screen.
- Your child's exam will include a behavioral risk screen.

**West Virginia
HealthCheck Program
1-800-642-9704**

www.dhr.wv.gov/healthcheck

**Transportation Assistance
Contact MTM to schedule a ride
1-844-549-8353**

www.mtm-inc.net/west-virginia