



West Virginia HealthCheck

18, 19 and 20 Year Visits

What to Expect at the 18, 19, and 20 Year Visits

Young adults, 18, 19, and 20 years old, still need yearly preventive care visits. The health care needs of these older adolescents can vary greatly depending on living situation, employment status and continuing educational experiences. During these visits some questions the provider may ask include:

Have you graduated from high school? What are your plans for work or school?

How do you cope with stress? Are you feeling really stressed out all the time?

Have you been feeling sad, have difficulty sleeping, or frequently feel irritable?

Do you (or your friends) smoke, use spit tobacco, alcohol or **other drugs**?

Have you had sex? How many partners have you had? Do you use birth control?

- Height, weight, **BMI** and blood pressure will be measured at each visit.
- 18 and 19 year olds will have a **dyslipidemia risk screen**. 20 year olds will have a **fasting lipoprotein profile**.
- A **behavioral risk screen** will be completed at each visit.
- 18 year olds will have a **visual acuity screen**.
- A head-to-toe physical examination will be completed at each visit.
- If your child is older than the age of consent, a health care provider cannot discuss the young adult's care with the parents or caregivers without the young adult's permission. During these visits, all the health education and guidance will be directed toward the young adult patient.

Preventive Care Tips: Preventive Care & Transitioning to Adulthood

Generally, most 18, 19, and 20 year olds, will begin to see their health care provider alone, without a parent. Some might be more comfortable transitioning to a different type of health care provider, like one who sees only older teens and young adults. All young adults should be encouraged to start managing and making independent decisions about their own health.

A complete physical examination remains a part of every preventative care visit.

Young adults who are sexually active should be screened for sexually transmitted diseases (STDs), including gonorrhea and chlamydia. In addition, those teens with increased risk, should be screened for syphilis and HIV.

Females should begin having regular pelvic exams with a **pap smear** by age 21. Pelvic exams may begin earlier for teens who are sexually active or who indicate specific problems such as abnormal bleeding or abdominal or pelvic pain.

Clinical Breast Examination is routine after age 20.

Additionally, blood pressure measurement, height and weight measurement, with plotting on a growth chart and BMI calculation, with plotting on a BMI chart is still completed at each visit.

Visual acuity screening will typically only take place at the 18 year visit unless the young adult indicates that there is a problem. Hearing screening is only indicated if there is a problem.

It is recommended that 20 year olds have a fasting lipoprotein blood test if they have not been previously tested.

Young adults planning to attend college may need additional immunizations. College freshmen, especially those who live in dormitories, are at a slightly increased risk for bacterial meningitis caused by *Neisseria meningitidis* bacteria (**meningococcal disease**) compared with other persons of the same age. College freshmen who want to reduce their risk for meningococcal disease should be administered vaccine.

The risk for meningococcal disease among non-freshmen college students is similar to that for the general population. However, the vaccine is safe and effective and therefore can be provided to non-freshmen students who want to reduce their risk for meningococcal disease.

Any discussion, health education or guidance for the young adult should be geared to the questions, issues, or concerns for that particular young adult. The goal of these discussions is to determine the health needs of the young adult that should be addressed by the health care provider.

What To Expect At Later Visits

All young adults, 18, 19, & 20 years old, still need yearly preventative care exams.

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

www.dhhr.kj.gov/healthcheck

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

www.mtm-inc.net/west-virginia