



Spring/Summer 2003

YOUR *BODY* YOUR *LIFE*



A Newsletter for Teen Members of
the Santa Barbara Regional Health Authority



What to expect at your *Well-Teen Checkup*

Even if you feel well, it's important to get a **well-teen checkup** to make sure you stay well. Seeing your doctor once a year can identify health concerns before they turn into problems or illness. A well-teen checkup is like the physical you need to play school sports. Many health insurance plans (including ours) provide a **free yearly checkup** for you. (If you don't have health insurance, you could still be eligible for a free checkup through CHDP or other programs - just ask when you make the appointment!)

Here are some of the things done at a well-teen checkup:

- Check your height and weight
- Check your blood pressure
- Listen to your heart and lungs
- Check your reflexes
- Check your vision and hearing
- Check your urine for infection or diabetes
- Check your blood for anemia (low iron)
- Ask you questions about your health and activities
- Give you tips on nutrition, fitness, safety and other health issues
- Answer any questions you have (confidentially)

Some teens may need some additional tests. But you should know that no drug testing or other tests are done without your knowledge. You can always ask them to explain **what** they are going to do and **why**.

The doctor or nurse will ask you some questions about what you do and don't do that might affect your health. They want to answer your questions, too. So take advantage of this chance to **ask your doctor** about whatever is concerning you. You may prefer to have your parent in the room or not in the room. It's your choice and the doctor should give you the opportunity for privacy and confidentiality.

What is Confidentiality?

It means that anything you say to the doctor stays with the doctor. It is your right to have this privacy. (The only exception is if you tell the doctor you are being harmed or are harming someone else. In this case, the doctor may need to contact someone to help.) You also have the right to confidential care if you need sensitive services, such as birth control or pregnancy testing. In this case, you don't need your parent's consent to see the doctor. This is called "minor consent". Your doctor *does* need your parent's permission to provide you with other medical care, including your well-teen checkup.

**Remember, your health comes first, so don't hesitate to get a checkup!
For the names of TEEN-FRIENDLY doctors, call us at 1-877-814-1861.**