Most doctors realize how tough it can be as a teenager. You have your own pressures and stresses in school, home life, extracurricular activities, jobs, and friendships to deal with.

You should visit your doctor once a year for:
- A full history and physical exam
- Any needed vaccinations, like the flu shot
- Order tests
- Check your vision, hearing, and dental health
- Teach you about recommended self-examinations
- Ask about your mental health

A doctor can help you safeguard your health by discussing:
- Healthy eating
- Regular exercise
- Avoiding tobacco

If you feel uncomfortable talking with your doctor, keep in mind that it’s always best to address a potential health problem early on.

Take control of your health. Schedule an annual preventive care check-up with your doctor to keep you at your healthiest!