

TO OUR ADOLESCENT PATIENTS

Dear _____,

During your teens, you'll learn more and more about your health. You'll learn how to ask questions and make decisions about your own health. You'll have plenty of time to practice. Your parents and your doctor or nurse practitioner will help you. They are part of your team. They support you!

Sometimes your doctor or nurse practitioner is called your provider. That's the word that we'll use in this letter.

Some things will start to be different when you come to see your provider. What will be different?

- Your provider might ask your parent to leave the room for part of your visit. Teenagers usually need more privacy than young children. That's natural! Your provider will give you a check-up, just like you've had before. If you like, you can ask to have a nurse in the room too.
- You may ask your provider any questions you have. Sometimes teenagers have questions about their bodies, their feelings, drugs, or dating. All of your questions are important!
- Your provider will ask you some questions too. You can be open and honest with your provider. What you talk about will be private. Your provider will not share the conversation with your parent unless you want it.
- Your provider's written report about the private part of your visit will be private. If you want your parent to have a copy, you can sign a permission form.

There are some exceptions to your privacy.

- If you are in a situation that's dangerous for your health, your provider will tell your parent. Your provider will let you know this. Your provider and your parent want to work together to help you be safe.
- Your health insurance company might send a form to your parent. The form might say that you had a medical visit and what kind of health care you received.

If you have any questions, you might want to discuss them with your parents.

Thank you for being our patient!