



NORTH SCOTTSDALE
PEDIATRICS

A Division of Arbor Medical Partners

Dear Parent of a Teenager:

Many great things happen between the ages of 13-19- at home, at school, at work and with friends. And, as we all know, some not so great things can happen too. We are here to offer the best possible health care to your teenager, and to help you and your family navigate the transition from child to adult thru the adolescent years. We are available to see your child thru the end of college. As part of our routine health care for our teen patients, we offer screening as recommended by the American Academy of Pediatrics, who advises all pediatricians to discuss many topics with teens at all well visits. Though you may decline this screening, we strongly recommend this valuable tool as a valuable part of your child's health care. These topics include:

- Diet and exercise
- Concerns about the family
- Sexuality and sexual behavior
- Safety and driving
- Smoking and drugs
- Birth control
- Depression
- Peer pressure
- Bullying
- Dating and relationships

In order to best take care of your teenager, we offer:

1. *Personal Health Survey (AKA 'Teen Screen')*. We give each of our teenagers a questionnaire to fill out about their health and their health concerns. We want them to fill out the questionnaire privately, so they can give us honest answers. This helps us focus our discussion with them.
2. *Confidentiality*. We believe that building trust and respecting privacy are essential to caring for teens. Therefore, we offer your teenager 'confidential' services. 'Confidential' means if a teenager tells us something, we don't tell anyone else, including their parents or school. There is an important exception to this: if we think there is a serious threat to the teenager's health, then we will tell the teen's parents (we let the teens know about this exception). We encourage teens to discuss important issues with you and are happy to help start these sometimes difficult conversations.
3. *Privacy*. Around the age of 12, we will make private time available during visits with the doctor. In addition, we will see a teenager by themselves if they come to our clinic for confidential services. This gives them a chance to learn how to take care of their health. And, it gives them a chance to talk to us privately, if they want to. Again, we will always encourage teens to talk to a parent about important health issues. If your teen is under the age of 18, we do need your consent for vaccines and procedures. At the age of 18, when our patients legally become adults, we have them sign a confidentiality agreement that specifies what, if any, information they wish us to release to you or anyone else, including test results.

We look forward to taking care of your teenager. Please feel free to talk to us about any concerns you have about your teenager. Is there anything you'd like to make sure we address today? Please tell us on the bottom of this page if you have any concerns or any topics you'd like to make sure we cover in our visit.

****Please note that there may be a charge for this screening applied to your deductible by your insurance carrier****

Patient Name: _____

Parent/Legal Guardian

Signature: _____ Date: _____