



Questions & Answers For Teens & Young Adults About Your Health Care Exam

Why do they ask such personal stuff?

Along with the physical exam, asking questions is an important way for your health care provider to find out about your health and any health risks you may have that could affect you later. Just like questions about diet and exercise, all teens and adults are asked about whether they smoke, drink, use other drugs or have sex.

It's embarrassing to talk about...

BUT, by being open and telling the truth, your health care provider can help you stay healthy! Doctors and nurses want you to know that some things you may do are really risky to your health – like not using condoms for sex. Asking about your sexual activity helps doctors and nurses know if you are at risk for sexually transmitted infections (STIs). Based on what you are telling them, they can check you and provide the right medicine or information.

This is my private business. Who are they going to tell?

By law your health care provider is not allowed to tell other people most stuff. If you are worried, ask them to explain. Ask if they will keep secret what you tell them. You can always ask to be alone to speak with your doctor or nurse about your personal life, if you don't want anyone else (like a parent) to hear what you are talking about.

I'm not comfortable with the physical exam.

If you are nervous about being along with your doctor or nurse during the exam, you can always ask for a nurse, friend or family member to stay with you during the visit.

Contact Us:

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