

# Sample Patient Letter

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Dear Patient:

Right now is an important time in your life. You're going through lots of changes that affect your body and your mind. During your visit today, your healthcare provider can help you understand these changes that happen as you start to become an adult. You'll have the chance to ask questions and talk about some topics that may be on your mind, such as:

- Moods and emotions
- Healthy eating and sleeping habits
- School and any areas where you do well or struggle
- Friends and relationships
- Sexual activity and sexually transmitted infections (STIs)
- Drugs and alcohol

If you are with a parent or other adult today, we will take some time to talk to both of you together, and you'll have a chance to talk with your doctor in private about any issues you may not feel comfortable talking about in front of your parent.

During your visit, you may also receive some immunizations (shots) to make sure you're healthy.

**We test all female patients ages 15-24 annually for chlamydia (CT) and gonorrhea (NG),** regardless of sexual history, unless you decline. Testing is easy – we will ask you for a urine or self-collected vaginal sample and get a private number to contact you with results.

CT and NG are common sexually transmitted infections that often have no symptoms and can cause long-term problems like infertility if they are not treated.<sup>1,2</sup> The good news is, if you test positive, we can prescribe an antibiotic to cure these infections before they cause problems.

Making time for your regular healthcare appointments and getting tested regularly are important for your health. Please let us know if you have questions and remember that **we're here for you.**

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Dear Parent, Caregiver or Legal Guardian:

It's an important time in your child's life when they will go through some big emotional, mental and physical changes. During today's adolescent well visit, your child will learn about the importance of regular healthcare visits, have conversations about mental and physical health and receive certain screening tests.

During the visit today, we'll take time to speak to you and your child together. This is a great time not only for your teen to bring up any questions or concerns, but also for you to bring up any topics you are concerned about relating to your child. We will also take some time to speak with your teenager in private, which helps us establish trust. We encourage our patients to share what we discuss with their parent, caregiver, or legal guardian afterward if they feel comfortable.

All conversations today will be kept age appropriate. Topics may include:

- Emotional health
- Healthy eating and sleeping habits
- School and any areas where your child does well or struggles
- Friends and relationships
- Sexual activity and sexually transmitted infections (STIs)
- Drugs and alcohol

In coordination with recommendations from national health agencies, our office screens all female patients ages 15-24 annually for chlamydia (CT) and gonorrhea (NG), without regard to sexual activity, unless patients decline. CT and NG are common sexually transmitted infections that often have no symptoms and can cause long-term problems like infertility if they are not treated.<sup>1,2</sup>

If you have more questions about your child's visit, please let us know. Together, we can help set the stage for your teen to live a healthy, happy life.