



# CHECK IT OUT!

How your Doctor or Nurse Practitioner helps you stay Healthy

## Why do they ask about such personal stuff?

Asking questions is an important way, in addition to the physical exam, that your health care provider finds out about your health now and any health risks you may be taking that could affect you later.

Just like questions about diet and exercise, it is routine to ask all teens and adults about whether they smoke, drink, use other drugs, or are sexually active.

## It's embarrassing to talk about...

(...BUT, the more open and honest you are, the better your chances of staying healthy!)

Doctors and nurse practitioners want you to know that some personal behaviors or activities are really risky to your health – like having unprotected sex.

Asking you about your sexual activity helps them to know if you are at risk for sexually transmitted diseases. Based on what you tell them, they can then examine and treat you properly.

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

Well, you need to know that your health professional is required by law to keep most stuff confidential, but if you are worried, ask about if or how what you tell them will be kept confidential.



You can always ask to be alone to speak with your doctor or nurse practitioner 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 alone with your doctor or nurse practitioner during the physical, you can always ask for a nurse, friend or family member to stay with you during the visit.