

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 will 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.^{1,2} 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**.