



BE HEALTHY

DON'T PUT YOUR HEALTH ON PAUSE.

Instead, take charge of your health now
with a yearly no-cost well-visit.

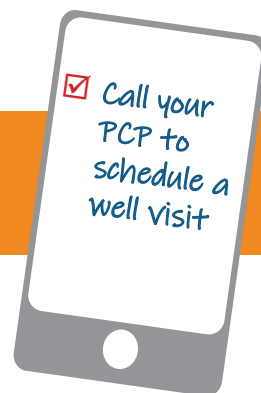
Well-visits offer a **safe space** to **talk about
your health** — with **no judgment**.

And, they're the best head start you can
give yourself to lifelong wellness.

Well-visits are more than screening tests and vaccines, they give you the chance to talk to your primary care provider (PCP) about things like:

-  **Caring for your body** — *body changes, sexual health, managing health conditions and keeping your body safe*
-  **Caring for your mind** — *stress, depression or anxiety*
-  **Other topics** — *building healthy relationships, eating healthy, alcohol/drug use and more*

Scheduling a well-visit is easy.



Your PCP is the provider you go to for all your regular check-ups. To get your PCP's contact information:

- Scan the QR code to visit HPSM's Member Portal or visit www.hpsm.org/member-portal



- Click  and you'll see their information
Benefits+Eligibility
- If you don't have a PCP, just fill in the search fields, click search and select one of the providers on the list.

Get recommended vaccines for 12-17 year olds.



- ✓ Yearly flu vaccine
- ✓ COVID-19 vaccine and booster
- ✓ Human Papillomavirus (HPV) vaccine
- ✓ Tdap vaccine
- ✓ Meningococcal conjugate (MenACWY) vaccine



Let your PCP know if you got vaccines somewhere else so they can update your medical record.

You are the most important member of your health care team. Take charge and schedule your no-cost well-visit today.

Things you need to know:

- Make sure you have your HPSM ID card
- Use your Ride Benefit if you don't have other transportation. Learn how to use this benefit www.hpsm.org/ride-benefit.
- You will need to bring a parent/guardian with you to your well-visit. To respect your privacy and independence, you and your PCP may ask for some time alone to talk about sensitive topics.
- Learn more about your health at <https://kidshealth.org/en/teens.html#catmedical-care>.

If you have any questions or need help,
contact HPSM Member Services

 **1-800-750-4776 or 650-616-2133**

TTY 1-800-735-2929 or dial 7-1-1.

 **MemberServicesSupport@hpsm.org**

Call Center hours: Monday – Friday 8:00 a.m. – 6:00 p.m.