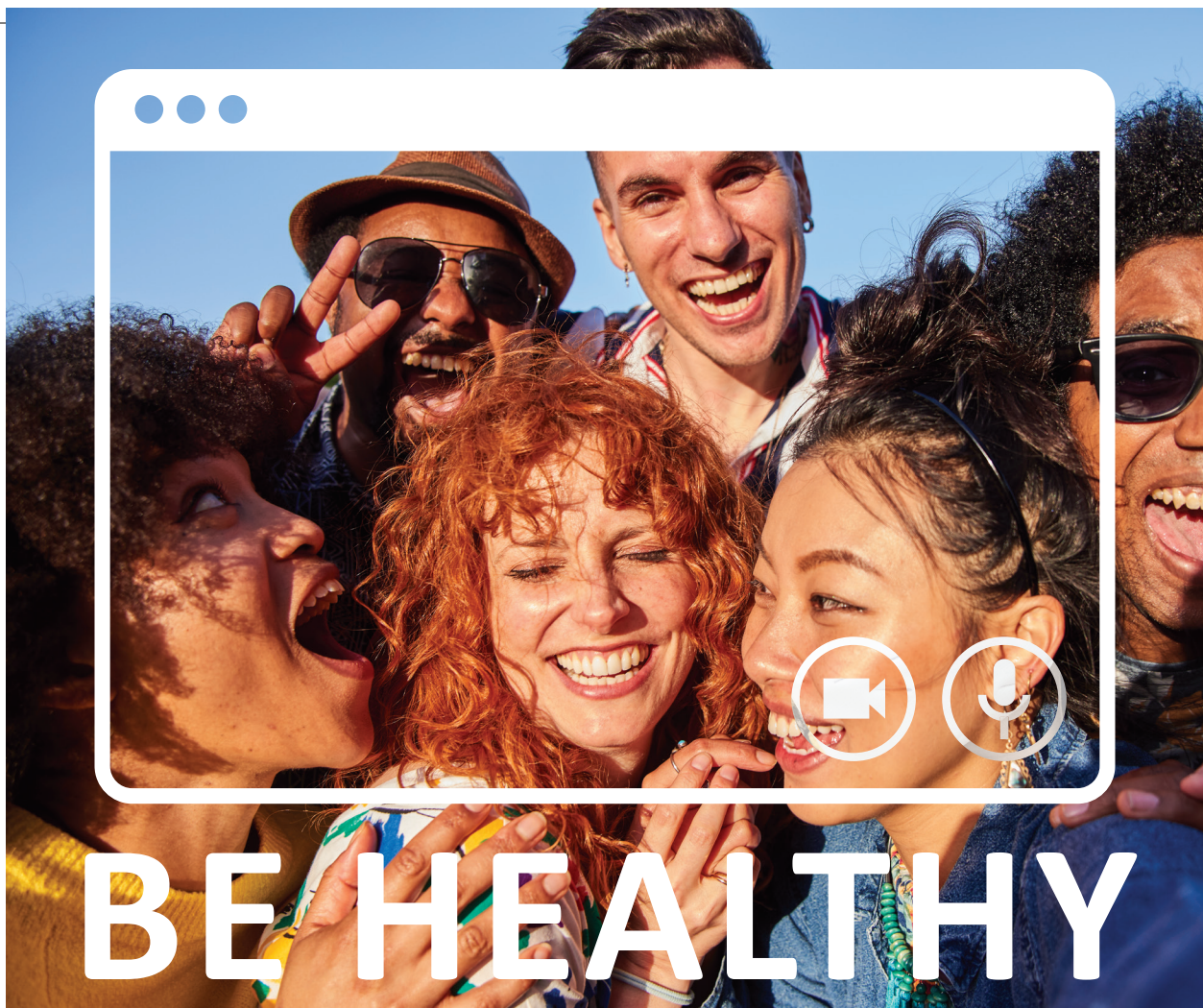




DON'T PUT YOUR HEALTH ON PAUSE.

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

Well-visits offer a private, **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 also give you the chance to talk to your primary care provider (PCP) about things like:

-  **Caring for your body** — *physical and 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 18-21 year olds.



- ☑ Yearly flu vaccine
- ☑ COVID-19 vaccine
- ☑ Human Papillomavirus (HPV) — if you didn't get it already
- ☑ Tdap booster (every 10 years)



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 HPSM Ride Benefit if you don't have other transportation. Learn more about this benefit and how to use it at www.hpsm.org/ride-benefit.
- 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.