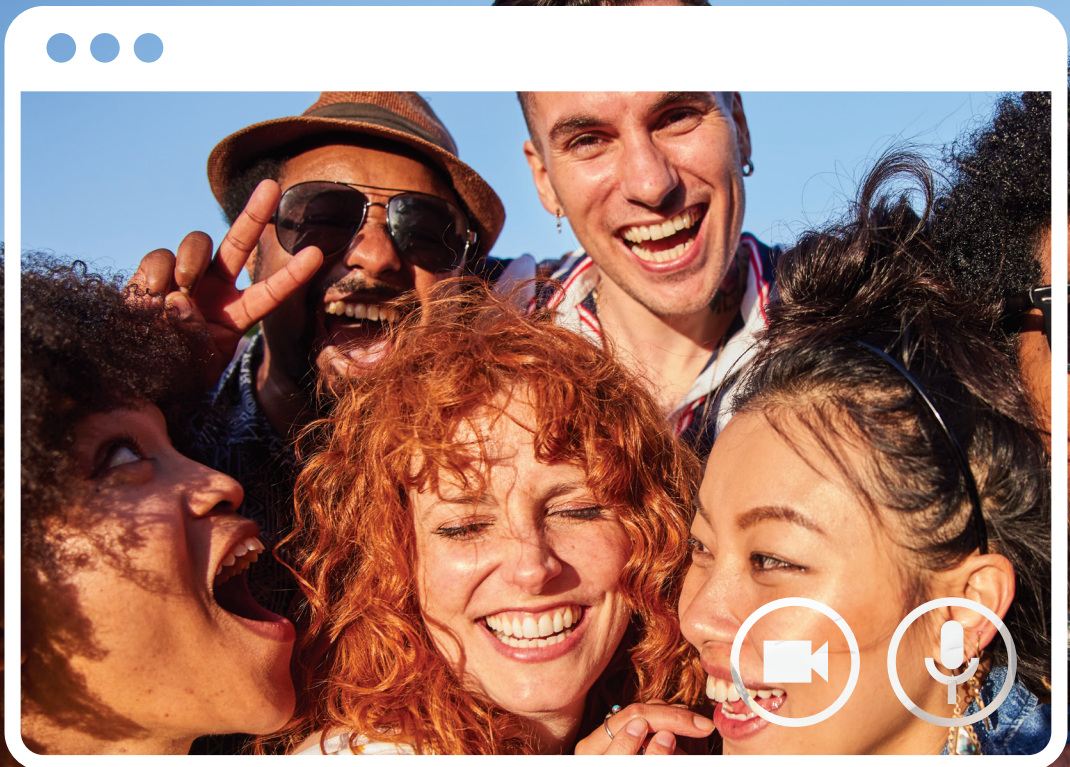




BE HEALTHY

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 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.

FOR HPSM MEMBERS ASSIGNED TO SAN MATEO MEDICAL CENTER ONLY

When you visit your PCP for your well visit,
you can get a \$25 Target GiftCard

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Terms and conditions are applied to gift cards. Target is not a participating partner in or sponsor of this offer.

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.