What happens at your check-up?



Your provider will:

- Do a physical exam
- Check your growth and development
- Ask about your family's health history
- Give recommended shots, when needed
- Talk about dental health and, when needed, give you fluoride supplements and help finding a dentist
- Check your hearing and vision
- Ask about your mental health and emotional well-being, and any alcohol or drug use, to find if you need resources or support
- Discuss important health topics such as sexual health, nutrition, safety, and protecting skin from the sun

Your provider will also check for:

- **Depression, anxiety, and suicide risk**
- **Tuberculosis (TB),** if at risk
- **Cholesterol,** if at risk
- **Anemia,** if at risk
- **Sexually transmitted infections (STIs),** if at risk
- **Other health issues** or concerns you have

English (Rev.2027): For teens and young adults age 12 to 21

If you have questions or want to learn more

Your Medi-Cal managed care plan
The phone number is on your plan ID card and your plan's website or go to www.dhcs.ca.gov/mmchpd

Medi-Cal Member Help Line
Call **1-800-541-5555** (TDD 1-800-430-7077)
Or go to www.dhcs.ca.gov/myMedi-Cal

Dental Benefits
Call HPSM Dental at **1-800-750-4776**
(TTY 1-800-735-2929 or dial 7-1-1)
Or go to www.hpsm.org/dental

Specialty Mental Health
Call **1-888-452-8609**
To ask about services for a serious mental health condition, contact your county Mental Health Plan at www.dhcs.ca.gov/CMHP

Alcohol or drug use
Call the Department of Health Care Services (DHCS) Substance Use Resource Center 24/7 at **1-800-879-2772**
Or go to www.dhcs.ca.gov/SUD-NETRL

Crisis support
Call the Suicide & Crisis Lifeline at **988**

Mental Health Counseling/Coaching Support
Call or text **1-833-317-HOPE** (4673) or go to www.calhope.org

Know Your rights and responsibilities
Call **1-888-452-8609**

DHCS
www.dhcs.ca.gov/kidsandteens



Medi-Cal for Kids & Teens

Preventive and treatment services for teen and young adults to age 21



Medi-Cal offers services for teens and young adults to age 21

If you are under age 21 and enrolled in Medi-Cal, you can get the check-ups, services, and supports you need to stay or get healthy.

It's important to have a check-up once a year to help keep you healthy, even if you're not sick. They can prevent health problems, and find and address them early.



Even if you just had a check-up, you can make an appointment with your doctor any time you have health concerns.

You should also go to the dentist every 6 months to keep your teeth healthy.

Plan your check-up

Call your managed care plan. Or call the Medi-Cal Member Help Line at **1-800-541-5555** (TDD 1-800-430-7077). You can get help to:

- **Find a doctor** or set up an appointment
- **Get a free ride** to and from your appointment or to pick up medication, medical equipment, and supplies
- **Ask for language assistance** at your appointment

If you need this flyer or other Medi-Cal materials in an **alternative format** such as larger font, audio format, CD, or braille, call **1-833-284-0040**. For language assistance, call the Medi-Cal Member Hotline at **1-800-541-5555** (TDD 1-800-430-7077).

Medi-Cal services are free for most teens and young adults to age 21

All the care you need is free unless you were found to have Share of Cost or premium when you qualified for Medi-Cal. Care includes check-ups, shots, health screenings, and treatment for physical, mental, sexual, and dental health problems.

Sexual health services can include:

- Family planning counseling and education
- Birth control and emergency contraceptives
- Abortion services
- STI testing and treatment
- HIV testing
- Gender-affirming care

Behavioral health services can include:

- Individual, group, and family therapy
- Crisis counseling
- Case management
- Medication for mental health conditions
- Depression and anxiety screenings
- Drug and alcohol treatment services



Medi-Cal for Kids & Teens covers services to manage and treat health problems

If a doctor finds a physical, mental, sexual, or dental health concern that needs treatment or management, Medi-Cal must provide and cover the needed care.*



Care covered by Medi-Cal for Kids & Teens:

- Physical health services, including primary care and specialist visits
- Mental health and drug or alcohol treatment services, including therapy
- Dental check-ups and follow-up services
- Vision services, including eyeglasses
- Hearing services
- COVID-19 testing and treatment
- Medical equipment and supplies, including durable medical equipment
- Medication
- Lab tests, including STI testing, and any needed follow-up care
- Sexual and reproductive health services
- Physical, occupational, and speech therapy
- Pregnancy check-ups
- Home health services, including nursing care
- Hospital and residential treatment
- All other needed services, as your provider determines

* Some members may only qualify for emergency dental services.