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 2026: 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

Medi-Cal Dental

Call Smile, California at **1-800-322-6384** (TTY 1-800-735-2922)

Or go to smilecalifornia.org or www.dhcs.ca.gov/MCP

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







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
- Ask for interpretive services

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**.

Medi-Cal services are <u>free</u> 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 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