

# An important message from CenCal Health.



## Visiting your doctor every year is so important for your health!

You and your doctor can talk about your health history, health risks, and daily habits. This is a good time to bring up any needs and questions you might have.

### At your yearly visit, you can expect to learn:

- **Which screening tests are right for you.**

For example, you can talk about your options for breast cancer or colon cancer screening.

- **How to prevent certain health problems.**

For example, your doctor may suggest COVID-19 and flu vaccines, which help prevent serious illness.

- **How to take the best possible care of yourself.**

For example, your doctor can offer help with health challenges like weight loss or quitting tobacco.



### You and your doctor will create a personal plan.

You can use this plan to help you reach your own health and lifestyle goals.



**Schedule your appointment today.**

## Have your CenCal Health ID number ready to schedule your appointment.



To see if you qualify for **free transportation** to your appointment, call CenCal Health's Member Services department toll-free at 1-877-814-1861 (TTY/TDD 1-833-556-2560 or 711), Monday - Friday, 8 a.m. - 5 p.m. or Ventura Transit Systems at (855) 659-4600.



For access to our **online health education library** with information, tools, and resources for preventive care and healthy lifestyles, visit [www.cencalhealth.org](http://www.cencalhealth.org) and click on "Health and Wellness."



To **speak with a Health Educator** at CenCal Health, please call 1-800-421-2560 ext. 3126. Leave a voicemail with your request for support or information, and we will call you back as soon as possible. You can also request health education materials through your Member Portal account at [qrco.de/CCHmemberportal](http://qrco.de/CCHmemberportal).