



CenCalHEALTH[®]
Local. Quality. Healthcare.

Stay Healthy: 13-21 years

Continuing with regular visits can help you grow and thrive through scheduled immunizations, tracking growth and development, and raising any concerns.



Talk with your doctor to schedule immunizations and screenings.



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 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.

For specific information on what services you are due for, view the Preventive Health Guidelines at qrco.de/becN3m or open your mobile phone's camera and point it to this QR code, then click the link.



Middle Adolescence: 13-17 years

You are now a busy teenager growing into a young adult. Adolescence is the transition from childhood to adulthood. During this time, you can face new challenges with your body and mental health. That is why routine medical check-ups are important during this age range.

Screenings

- **Physical Exam:** Your doctor will check your growth and development to find or prevent problems.
- **Vision/Hearing Tests:** Vision screening is an important way to find any vision problems you might have. Hearing screening is an important step in helping understand if you may be deaf or hard of hearing.
- **Anxiety Screening:** Your doctor may screen you for anxiety from ages 8 to 18 years and can help provide treatment and resources to help with anxiety.
- **Depression/Suicide Risk Screening:** Your doctor may screen you for depression every year from ages 12-21 and can help provide treatment and resources.
- **Dyslipidemia Screening:** This screening checks for lipids (fat) in your blood that can affect heart health.
- **Cardiac Screening:** Your doctor may screen you for risk of cardiac arrest or cardiac death from ages 11-21 years.

Immunizations

- **Meningococcal (MenACWY):** Helps protect against the bacteria that causes serious infection of the brain and spinal cord.

Puberty

Puberty is a critical time for you to regularly visit your doctor to receive guidance and ask questions from someone you trust. This is a time of increased risk-taking, mental health issues such as depression, anxiety, and even thoughts of self-harm.

- Some young people will try substances such as tobacco, alcohol, and/or other drugs. Some will become sexually active.
- **You can request to speak with your doctor alone to ask any questions you may not want to ask in front of your family members.**

Mental Health

In addition to the everyday stress that adolescents experience, this is also a time of life when chronic mental health issues might arise. Having regular checkups with your doctor can help identify and manage these problems.

- Ask your doctor about signs and symptoms of mental health-related issues.
- For a young person with symptoms of a mental disorder, the earlier treatment is started, the more effective it can be.
- **If you or someone you know needs immediate help, call or text the Suicide & Crisis Lifeline at 988.**

Importance of Regular Medical Visits for Middle Adolescents

- By meeting yearly with your doctor, you can keep track of changes in physical, mental, and social development and learn about avoiding unhealthy behaviors, such as smoking and drinking.
- Your doctor also can help you understand the importance of choosing a healthy lifestyle that includes good nutrition, exercise, and safety measures.
- The more you learn and understand about your physical growth and sexual development, the more active role you can take in your own health.



CenCal Health Minor Consent Services

Minors under age 18 can receive some services without a parent or guardian's permission.

The following services are available without a parent or guardian's permission:

- Sexual assault services, including outpatient mental health care
- Pregnancy
- Family planning and birth control
- Abortion services

Minors 12 years old or older, may also get the following services without a parent or guardian's permission:

- Outpatient mental health care for:
 - Sexual assault
 - Incest
 - Physical assault
 - Child abuse
 - When you have thoughts of hurting yourself or others
- HIV/AIDS prevention, testing, and treatment
- Sexually transmitted infections prevention, testing, and treatment
- Substance use disorder treatment



For more information on minor consent services, view the Member Handbook at qrc0.de/beccR0



Late Adolescence: 18-21

Screenings

- **Chlamydia and Gonorrhea Screening:** For women age 24 or younger and sexually active.
- **Blood Pressure:** Beginning at age 18 for men and women.
- **Body Mass Index (BMI):** At regular checkups for all adults.
- **HIV Test:** For men and women ages 15-65, and all pregnant women.
- **Depression/Suicide Risk Screening:** Your doctor may screen you for depression every year from ages 12-21 and can help provide treatment and resources.
- **Hepatitis C Screening:** For all adults ages 18-79.
- **Cervical Cancer Screening:** Every 3 to 5 years for people with a cervix ages 21-65.

Immunizations

- **Human Papillomavirus (HPV):** If not already completed, adults ages 19-26 should get 2 or 3 doses.
- **Hepatitis B:** Adults ages 19-59 need 2, 3, or 4 doses depending on vaccine or condition.

Importance of Regular Medical Visits for Late Adolescents

Diabetes, Hypertension, Cholesterol

Adolescents can be screened for high blood pressure, diabetes, and high cholesterol. Early treatment for these conditions can help you have a healthy adulthood.

- Regular sleep and physical activity, a healthy diet, healthy relationships, and avoiding tobacco and other substances can all contribute to a healthy adolescent who grows into a healthy adult.
- Your doctor can give you advice on how you can live a healthy lifestyle.

Some people have concerns about vaccine safety.
If you have any questions or concerns about vaccines, please talk with your doctor.

If it's flu season, your doctor
will also recommend a flu vaccine.

