

Why should you have health checkups?

Whether you are a pre-teen or a teenager, you should have a health checkup every year to:

- ⊙ Look your best, feel your best and be your best to learn.
- ⊙ Find problems you may not see or feel and treat them so they don't become serious.

When do you need a health checkup?

You should have a health check-up every year, especially if:

- ⊙ You have health concerns you would like to talk about with a provider like acne, weight, sexual health, or if you are feeling depressed.
- ⊙ You play school sports or it's required to attend camp.
- ⊙ You are 11 or older and have not received the shots you need.

What is a CHDP health checkup?

⊙ A complete health exam for children and teens that doesn't cost you or your family money.

Who can get a CHDP checkup?

You can get a CHDP health checkup at no cost if you:

- ⊙ Are under the age of 21 and have Medi-Cal.
- ⊙ Are under the age of 19 and from a low-income family.
(Find out if your family meets the income requirement by having Your parent call **1-800-675-2229**).
- ⊙ Are in Foster Care.

What you should bring to your appointment:

- ⊙ Your Medi-Cal card if you have one.
- ⊙ School, camp or sports forms that need to be filled out.
- ⊙ Your immunization card.
- ⊙ A list of any health questions you have.

What happens during a health checkup?

During a CHDP health checkup, the doctor or nurse will:

- ⊙ Do a complete physical exam.
- ⊙ Ask about family history.
- ⊙ Ask questions about your growth, development, and health history.
- ⊙ Review your eating and dental habits.
- ⊙ Test your hearing and vision.
- ⊙ Give immunizations if you need them.
- ⊙ Do blood, urine, and other tests as needed.
- ⊙ Discuss any concerns you have.
- ⊙ Provide preventive care and health information.
- ⊙ Tell you when you should come back for the next checkup.

How do you take charge of your health?

- ⊙ **Let** your parent know that you should have a checkup every year.
- ⊙ **Talk** to your parent about scheduling an appointment, have them call **1-800-675-2229** for the name of a CHDP doctor or clinic near your home. If you already have a doctor, ask if they provide CHDP health checkups.
- ⊙ **Call** the doctor's office or clinic to make an appointment.
Tell them it is for a CHDP exam.



This Exam is 4 u and about u ...It's ur turn 2b healthy!

Hey 11-21 year olds, It's ur turn 2b healthy!

Health checkups are important.

Ongoing healthcare is also important for you.

Apply for No/Low-Cost Health Coverage



San Diego Kids Health Assurance Network

(SD-KHAN)

Call us at:

1-800-675-2229

SD-KHAN is a free referral service for families who need help finding and applying for no or low-cost medical and dental coverage, including Medi-Cal and Healthy Families.

*County of San Diego Health and Human Services Agency
Maternal, Child and Family Health Services
Child Health and Disability Prevention Program
3851 Rosecrans Street, Suite 522 MS: P511H
San Diego, CA 92110-3115*



COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY

No Cost Health Checkups for Youth and Teens



Take charge of ur health!

**Child Health and Disability Prevention
Program provides no-cost health checkups.**

1-800-675-2229