

Teen

HealthGuide

13–17 Years



A Public Agency

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WELL-CARE VISITS

Every year teens need to go to their doctor for a well-care exam. You may get asked a lot of questions at your well-care exam. There's no reason to be embarrassed because your doctor may have had the same conversations with other teens.

A well-care exam is not the same as a sports physical. A sports physical is when the doctor checks to see if it is safe for you to play sports. At a well-care exam, the doctor checks all aspects of your health. This includes looking at your growth milestones, preventing future health problems and keeping you updated with shots. Both the well-care exam and sports physical are yearly doctor visits that are good for your health, but they are different. Make sure to schedule a well-care exam every year.

IMMUNIZATIONS

By the age of 13, you should have received most of your childhood vaccines. This is a good time to talk with your doctor about the Human papillomavirus (HPV) vaccine and to catch-up on any missed vaccines.

Reasons to get the HPV vaccine:

- HPV is a common virus that affects 8 out of 10 people.
- HPV vaccine can prevent certain types of cancer.
- 9 out of 10 cancer cases caused by HPV could have been prevented by the HPV vaccine.
- HPV vaccine offers safe, effective and long-lasting protection.

SEXUAL HEALTH

During puberty, your body goes through many changes. You may have questions about these changes and your sexual health.

Sexual health can include:

- Safe dating and healthy relationships
- How to prevent sexually transmitted diseases (STDs)
- Birth control
- Gender identity

How to stay safe in social settings:

- Say "no." No means no. Leave if you do not feel safe or comfortable.
- Avoid alcohol and drugs. They affect the brain and body, making it hard to make the right choices.
- Talk to an adult you trust if you are being forced to do something you do not want to do.





BULLYING

Saying or writing mean things about a person are types of bullying. Bullying also includes physically hurting a person or things that belong to them. Bullying can happen anywhere. Cyberbullying can occur by text, email and social media. It is important to help stop bullying.

If you are being bullied:

- Stay calm and stay respectful.
- Leave the situation as soon as you can and get to a safe place.
- Tell an adult right away! Adults may not be able to tell if you are being bullied, so it is important that you reach out to an adult you trust.
- Stand up for yourself by getting help.

If bullying is making you think of hurting yourself, get help right away and involve a trusted adult! The Crisis Text Line can help when you text HELLO to 741741. You can also call the Orange County Crisis Prevention Hotline at 1-877-727-4747 or National Suicide Prevention Lifeline at 1-800-273-8255.

BEHAVIORAL HEALTH

Being a teenager is not always easy. It is normal to feel many mixed emotions. You are not alone. Seek help if you feel: depressed, anxious, have problem with eating patterns, use substances, and/or have thoughts of suicide. Behavioral health problems can be treated, and we are here for you.

CalOptima Behavioral Health services can cover screenings, medication and therapy. You can self-refer to receive any of these services, by calling the below number.

If you need help with mental health or substance use services, please call CalOptima Behavioral Health toll-free at **1-855-877-3885**. Our confidential help is available 24 hours a day, 7 days a week. TTY users can call toll-free at **1-800-735-2929**. We have staff who speak your language.





HEALTHY WEIGHT

Regular exercise and good eating habits will help you stay at a healthy weight. All it takes is at least 1 hour of heart pumping movement a day and making smart food choices!

Tips to increase your daily activity:

- ☐ Go outside for a walk.
- ☐ Take the stairs instead of the elevator.
- ☐ Try to keep screen time to no more than 2 hours a day.

Tips to build good eating habits:

- ☐ Replace soft drinks, fruit juices and sports drinks with water, low-fat milk or sugar-free drinks.
- ☐ Eat at least 5 servings of fruits and vegetables a day.
- ☐ Eat a healthy breakfast every day.

A digital library of health and wellness information is also available to help you stay healthy at www.caloptima.org/healtheducation.

Worried About Your Child's Weight?

Your child can learn how to live healthy through CalOptima's Shape Your Life (SYL) program. CalOptima offers eligible members and their families the chance to attend health education sessions at no cost. Bring your child and learn about healthy eating, physical activity and other ways to improve your child's health. To find out if your child is eligible or to learn more, visit your doctor or call CalOptima Health Management at 1-714-246-8895.



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