

What happens at a check-up?



At the check-up, your doctor will:

- Complete a physical exam
- Check growth and development
- Ask about your family's health history
- Give recommended shots, when needed
- Address dental health concerns, including providing fluoride supplements, when needed
- Regularly check hearing and vision
- Ask about your mental health and any substance use to see if you might need resources or support
- Discuss important health topics such as sexual health, nutrition, safety, and sun protection

Your doctor 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 may have

Learn more. Contact us.

If you have questions or want to learn more:

- **Your Medi-Cal managed care plan:** The phone number for your managed care plan is on your managed care plan ID card and can be found on your managed care plan's website.
- **Medi-Cal Member Help Line:** Call **1-800-541-5555** (TDD 1-800-430-7077). Or visit dhcs.ca.gov/myMedi-Cal.
- **Your rights and responsibilities:** Call **1-888-452-8609** to understand your Medi-Cal rights and responsibilities.
- **Medi-Cal Dental:** Call Smile, California at **1-800-322-6384** (TTY 1-800-735-2922). Or visit <http://www.smilecalifornia.org> or <https://www.dhcs.ca.gov/MCP>.
- **Specialty mental health:** Call **1-888-452-8609** or contact your county Mental Health Plan at <https://www.dhcs.ca.gov/CMHP>.
- **Substance use:** Call the Department of Health Care Services (DHCS) Substance Use Resource Center 24 hours a day, 7 days a week at **1-800-879-2772**. Or visit <https://www.dhcs.ca.gov/SUD-NETRL>.
- **Crisis supports:** Call **988** for the National Suicide Prevention Line or call **1-833-317-HOPE** (4673). Or visit www.calhopeconnect.org for live crisis counseling from CalHOPE.
- **Staying healthy:** To learn more about keeping your family healthy, visit the Healthy Children website at www.healthychildren.org.



**DEPARTMENT OF
HEALTH CARE SERVICES**

www.dhcs.ca.gov/services/pages/EPSTD.aspx



Medi-Cal

**Grow Up Healthy
California**



Grow Up Healthy California is for all teens and young adults in Medi-Cal.

Grow Up Healthy California is the new name for Medi-Cal's comprehensive set of services for children and youth. If you are under 21 and enrolled in Medi-Cal, you can get Grow Up Healthy California check-ups. It's important to schedule regular check-ups, even if you're not sick. Regular check-ups can help keep you healthy by preventing problems and finding and addressing health problems early. Even if you recently had a check-up, you can schedule an appointment with your doctor any time you have health concerns. You should also visit the dentist every six months to keep your teeth healthy.

Plan your check-up:



Find a doctor or get help setting up an appointment by calling your managed care plan or the Medi-Cal Member Help Line at **1-800-541-5555** (TDD 1-800-430-7077). You can ask for language assistance at your appointment. You can also get a free ride to and from your appointment.

Just ask your doctor or managed care plan or call the Medi-Cal Member Help Line at **1-800-541-5555**.

If you need to access this material or any other Medi-Cal materials in an alternative format (e.g., larger font, audio format, CD, braille), please call: **1-833-284-0040**

Grow Up Healthy California services are free for most teens and young adults.

All the care you need—including check-ups, vaccinations, health screenings, and treatment for physical, mental, sexual, and dental health problems—is provided for free for most individuals.



Sexual health can include:

- Changes to your body
- Safe dating and healthy relationships
- Preventing STIs
- Birth control and reproductive health
- Sexual orientation
- Gender identity and affirming care

Mental health care can help you manage:

- Family, friends, and sexual relationships
- Feeling bored, stressed, lonely, sad, or irritable
- Eating patterns and body image concerns
- Substance use
- Suicidal or intrusive thoughts

Grow Up Healthy California includes services to manage and treat health problems.

If a check-up or screening finds a physical, dental, or mental health concern, Grow Up Healthy California covers the care needed to manage and treat it. If a service is medically necessary to treat or manage a condition, the service must be provided.

Grow Up Healthy California covers care that includes:

- Physical health services
- Mental health and substance use services
- Dental follow-up treatment services
- Vision services, including eyeglasses
- Hearing services
- COVID-19 testing and treatment
- Medical equipment and supplies
- Medication
- Lab tests, including STI testing
- Sexual health services
- Physical, occupational, and speech therapy
- Home health services, including nursing care
- Inpatient and residential treatment
- All other medically necessary services

