

Teens and Young Adults: Take Charge of Your Health!

It's never too early to start healthy habits that last a lifetime.

See your primary care provider (PCP) to:

- Get preventive care and talk openly about your health.
- Treat any health problems early.
- Get referrals to specialists if needed.
- Learn about healthy habits.



You don't need to be sick to see your PCP. Schedule a yearly check-up!



Stay on Top of Your Health:

Vaccines: Stay up to date on shots like flu, COVID-19, Human Papillomavirus (HPV), and more.

Screenings: Get tested for sexually transmitted infections (STIs) like chlamydia.

Mental health: Talk to your doctor about stress, anxiety, or depression.

Chronic conditions: Manage asthma, diabetes and other health conditions with regular visits.

Medications: Review how to safely take your medications as prescribed.

Lifestyle: Eat well, stay active, and reach your personal goals.

Earn Rewards for Staying Healthy!

- \$25 Gift Card for:
 - Members ages 3 to 21 who complete a well-care visit.
 - Members ages 9 to 13 who receive the second dose of the HPV vaccine series.



Ask your doctor's office to print the Member Reward Program Form!

24/7 Advice Line Nurse: **1-877-431-1700 (TTY 711)**



**Gold Coast
Health Plan**
A Public Entity

To learn more about your health plan benefits, call Member Services at **1-888-301-1228**, 8 a.m. to 8 p.m. seven days a week from Oct. 1 through March 31, and 8 a.m. to 8 p.m. Monday through Friday from April 1 through Sept. 30 (except holidays). If you use a TTY, call **711**. Visit GCHP's website at www.goldcoasthealthplan.org.

For information about language assistance services and GCHP's nondiscrimination notice, visit www.goldcoasthealthplan.org/for-members/nondiscrimination-notice.