



**SAN FRANCISCO  
HEALTH PLAN™**

*Here for you*

# Take Care of Yourself: Health Tips for Teens

The way you treat yourself now will help your health when you are older!

## Here are some ways you can keep yourself healthy all through your life:

- Get plenty of sleep. Teens should get about nine hours of sleep a night.
- Brush your teeth for at least 2 minutes, twice a day (morning and night).
- Wash your face with a gentle soap twice a day to help with acne (pimples).
- Get active for at least 30 minutes three or more times a week.
- Protect yourself with a helmet during activities like biking and skateboarding.
- Always wear your seatbelt, even in the back seat.
- Don't smoke or use tobacco products.

- Do not get into a car with anyone who has been drinking or using drugs!
- Eat a healthy diet with lots of fresh fruits and vegetables and plenty of water.
- Talk to an adult you trust if you're feeling sad, lonely, or thinking of hurting yourself.
- Stay away from places where violence or fighting may hurt you.
- If you are sexually active, make sure you have protection before you have sex to avoid pregnancy and sexually transmitted infections.
- See your health care provider every year for a checkup. You can always call the clinic if you have a question!

## What to Expect at Your Provider's Office

- Write down your questions before you get to the clinic, so you will remember to ask them.
- You'll also answer questions about your health, but most of this information is confidential (your health care provider won't tell anyone).
- You can always call your health care provider or clinic if you think of any questions.

For more info: <http://www.ahwg.net>

Adapted from the Adolescent Provider Toolkit, Adolescent Health Working Group



For more information call Customer Service at **(415) 547-7800** or visit **[www.sfhp.org](http://www.sfhp.org)**  
**Free 24/7 Nurse Help Line (877) 977-3397**