



Your guide to staying healthy at any age



Call your primary care provider* (PCP)
if you have questions about your health

*A primary care provider is the doctor, nurse practitioner, or physician assistant who is in charge of your health care.

Steps to Take for Good Health



Contact your PCP if you have any questions about your health.



See a dentist 1–2 times a year Call Medi-Cal Dental at **1(800) 322-6384** to find one near you.



Get a flu vaccine each year. You can get a flu vaccine starting in early fall (around August).



Talk with your PCP about any feelings of sadness, worry, or anger. You can also call for a mental health visit with our partner Caredon Behavioral Health at **1(855) 371-8117**.



Make sure your relationships are healthy

If you feel unsafe or someone in your life threatens or tries to control you, call **1(877) 503-1850** for the Casa de las Madres crisis line.



As often as you can eat healthy food, lower your stress, get enough sleep, and be active. See sfhp.org/wellness for tips.

Transportation



If you need help with transportation to your health visits, you can get a ride at no cost. Call SFHP Customer Service at **1(415) 547-7800** for more information.

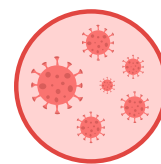
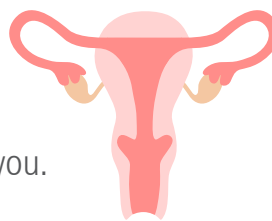
Sensitive Care for Minors

If you are under 18 years old, you can get some services, such as care for sexual assault or rape, without permission from your parent or guardian. Minors can talk to someone in private about their health by calling the 24/7 Nurse Advice Line at **1(877) 977-3397**. Or you can call a provider through Teladoc® over phone or video at **1(800) 835-2362** or by visiting sfhp.org/Teladoc. Please check SFHP for more info on sensitive care.

Health Visits, Tests, and Vaccine

Your health and well-being are our top priority at San Francisco Health Plan. Below are some of the health visits and tests SFHP covers to support your health.

Reach out to your PCP to find out if any of these are right for you. You can also call your PCP about any other health issues.



At Any Age

Ask what tests and shots are right for you

Eyesight and hearing tests

Pap test (cervical cancer screening for people with a cervix) every 3–5 years for ages 21–64

Any vaccines you may need

Testing for HIV, Hepatitis C, and other infectious diseases

Age 18–45

Chlamydia check each year if you are younger than 25 and sexually active

HBV vaccine if you are 18 or older to protect against the Hepatitis B Virus

HPV vaccine if you are age 26 or younger (3 doses total)

Age 45–70

Cholesterol check every 5 years if you are over age 45

Colon cancer test if you are age 50–75

Breast/chest cancer screening every 2 years if you are age 50–69

Zoster vaccine at age 50

Bone density testing starting at age 65

Birth Control Choices

There are many things to think about when choosing a birth control method. Only you can decide which ones fit your life. Your health provider can help you decide which is best for you. Learn more about all your options with a “Birth Control Methods” fact sheet at sfhp.org/health-ed. Some of the many birth control methods:

Methods Available with a 1-YEAR SUPPLY

Birth Control Pills, Patches, and Vaginal Rings

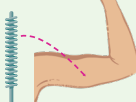
Long-Acting Methods

Hormonal IUD, Copper IUD, and Implant

Barrier Methods

Condom, Internal Condom, Diaphragm, Cervical Cap, and Spermicide

Up to 30-day supply with each prescription



Most birth control methods are available at no cost to SFHP members. If you have any questions or problems getting any of these medications, please call SFHP Customer Service at **1(415) 547-7800**.

What Is Prenatal Care?

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Here for you

Prenatal care is the health care you get while you are pregnant. Getting prenatal care can help you have a healthier baby. It also lowers the risk of your baby being born too early, which can lead to health problems for your baby.

The first three months you are pregnant are very important for you and your baby. Your first visit is a great time to ask questions, learn about healthy eating, and find out how your baby is growing.

You can get routine prenatal care without a referral. Visit a provider as soon as you think that you are pregnant.



Schedule a visit with your provider.

You will get a \$25 gift card in the mail if you have a prenatal check-up within your first trimester or within 42 days of Medi-Cal enrollment.

What to Expect at Your Prenatal Visit

Your first visit will be longer than the others. During this visit, your provider will:

- Check your height, weight, and blood pressure
- Order blood tests
- Check your urine
- Tell you how far along you are in your pregnancy
- Ask about you and your family's health history
- Give you a physical exam
- Tell you about vitamins with folic acid (a type of vitamin B)
- Make your next appointment

You can get a doula at no cost with Medi-Cal.

During prenatal care, your provider and doula (birth worker) can find any health problems that come up. A doula is a health worker who can give you care and support while you are pregnant.

To learn more about getting a doula, call SFHP Customer Service at **(415) 547-7800**.



See the “Maternal Health: Prenatal Care” fact sheet to learn more about prenatal care.

Doula Benefit

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Here for you

What is a doula?

The California Department of Healthcare Services (DHCS) defines doulas as birth workers. Doulas support people before, during, and after pregnancy. Doulas are not licensed, and they do not require supervision.

Doulas can help you:

- Talk about your health care with your providers
- Get physical, emotional, and other support that is not medical
- Get health education
- Get support during a miscarriage, stillbirth, and abortion

You may have a doula at any setting such as:

- Your home
- A hospital
- An office visit
- A birth center



As of January 1, 2023, doula services are a covered Medi-Cal benefit. You can now get support from a doula (birth worker) at no cost.

Doula services are for prenatal (before birth) and postpartum (after pregnancy) visits. You may have a doula during labor and birth, miscarriage, or abortion visits.

To request doula services, you may contact your:

- Doctor
- Midwife
- Nurse Practitioner (NP)
- Physician Assistant (PA)
- Registered Nurse (RN)
- Registered Pharmacist
- Licensed Clinical Psychologist (LCP)
- Licensed Clinical Social Worker (LCSW)
- Licensed Professional Clinical Counselor (LPCC)
- Licensed Marriage and Family Therapist (LMFT)



Who do I contact if I want to learn more about this benefit?

Call SFHP Customer Service at **1(800) 288-5555** or **1(415) 547-7800**, TTY **1(888) 883-7347**

What Is Postpartum Care?

The Postpartum Period is the time after you give birth. This period usually lasts 6 to 8 weeks but can last up to 1 year. You may feel changes in your body, activities, and diet. It is important to stay aware of your body and mental health during this time. You know your body best. If there is something that is unusual or worrying you, talk with your provider.

Some Topics You Can Talk About with Your Provider

- Breastfeeding
- Postpartum depression
- Jaundice (yellow color in eyes, skin, and urine)
- Vaccines
- Newborn tests
- Child development



Schedule a visit with your doctor.
You will get a \$25 gift card in the mail if you have
a postpartum health visit within 1–12 weeks.

After the baby is born

At a postpartum health visit, your health provider will check that your body is healing well after giving birth.

If you feel empty, detached, or sad all or most of the time for longer than 2 weeks during or after pregnancy, reach out to your PCP or call Caredon Behavioral Health at **1(855) 371-8117** for a mental health visit.



See the “Maternal Health: Postpartum Care”
fact sheet to learn more about postpartum care.

Visit **sfhp.org/wellness** for more tools to
help you stay healthy. Some of these are
health tips, workout classes, groups for
managing health problems, and support
for quitting smoking.