



**Call your child's PCP and  
make an appointment today!**

PCP NAME  
PCP PHONE NUMBER

MEMBER NAME  
ADDRESS  
CITY, STATE, ZIP CODE



## Take Charge of Your Health – Earn a \$50 Gift Card!

Your health matters! Whether you feel great or have questions, a yearly well-care visit is the perfect time to check in with your primary care provider (PCP). Your PCP is your main doctor or healthcare provider who helps you stay healthy and handles your care. Medi-Cal covers these visits at no cost to you.

### Why Go to a Well-Care Visit?

At your visit, your PCP can help with:

**Your body** – Growth, weight, vaccines, and any health troubles

**Your mind** – Support for stress, anxiety, or depression

**Your choices** – Birth control, sexually transmitted infections (STI) & HIV testing, treatment, and prevention

**Your future** – Tips on healthy habits, nutrition, and more



### Earn a \$50 Gift Card!

### What Happens at the Visit?

- Your PCP will give you a physical exam and ask about your health and life.
- They may check for problems with eyesight, hearing, mental health, or eating habits.
- You can get tests and treatment for STIs and talk about birth control.
- Your PCP can connect you to care for mental health and more.

With SFHP's Health Rewards program, you can earn gift cards for taking care of your health. After you go to a well-care visit, you will automatically get a \$50 gift card sent to your mail!

**Your health, your future, your choice! Make an appointment today.**



# You Have the Right to Private Care

If you're 12 years old or older, you can get certain private services without needing a parent's permission. This includes:

- Birth control and emergency contraception
- Pregnancy testing and prenatal care
- STI and HIV testing, treatment, and prevention (PrEP & PEP)
- Mental health care
- Substance use treatment



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## Need Mental Health Support?

Life can be stressful. If you feel sad, anxious, or overwhelmed, help is available.

Call Carelon Behavioral Health at **1(855) 371-8117** for free, private support by phone or video. You do not need a referral.

## Need to Update Your Address?

Call SFHP Customer Service at **1(800) 288-5555** if:

- You moved lately
- You haven't received your gift card after 8 weeks

## Need a Ride? We've Got You!

SFHP gives free rides to Medi-Cal visits, including well-care checkups.

Call Modivcare Customer Service at **1(855) 251-7098** or SFHP Customer Service at **1(800) 288-5555** to arrange a ride.



## How to Earn Your Gift Card

- ✓ Go to 1 in-person well-care visit with your PCP or OB/GYN before the end of the year.
- ✓ Telehealth (video or phone) visits do not count for this reward.
- ✓ No forms needed! Your gift card will be mailed automatically.
- ✓ You can earn one gift card per year.
- ✓ Allow up to 8 weeks to get your gift card in the mail.



## Schedule Your Well-Care Visit Today!

Call your PCP – their number is on your SFHP ID card.  
Need help? Call SFHP at **1(415) 547-7800** or **711** (TTY).

