

## What is Healthy Self<sup>SM</sup>?

Healthy Self<sup>SM</sup> is our screening, diagnosis and treatment program for teens and young adults. We share preventative health information with you as you grow and develop into adulthood.

## Did you know?

Teens and young adults need well-visits as they grow, even if they are not sick. We focus on your overall health and wellness as you navigate your teen years.

## What are "well-visits"?

Well-visits are doctor's visits that help detect and prevent health problems. At well-visits, your doctor will answer any questions you have.

They'll also talk with you about healthy habits, nutrition, exercise, drugs and alcohol, smoking, peer pressure, sexual behavior, school performance, home life and depression. This is also a great time to ask your doctor any questions you have about your physical, social or mental health.

## Contact Us

1-800-727-7536 (TTY: 711)  
Monday - Friday, 8 AM – 5 PM  
**VirginiaPremier.com**

Virginia Premier complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you.  
Call 1-800-727-7536 (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.  
Llame al 1-800-727-7536 (TTY: 711).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다.  
1-800-727-7536 (TTY: 711) 번으로 전화해주세요

# HealthySelf<sup>SM</sup>

Helping teens to early adults find their health.





### How much do well-visits cost?

As a Virginia Premier member, your well-visits come at no cost to you.

### How does Healthy Self work?

Our Virginia Premier Team will remind you when any well-visits or shots are due. You may get a reminder by mail, phone, text message or email.

### Flu Shot

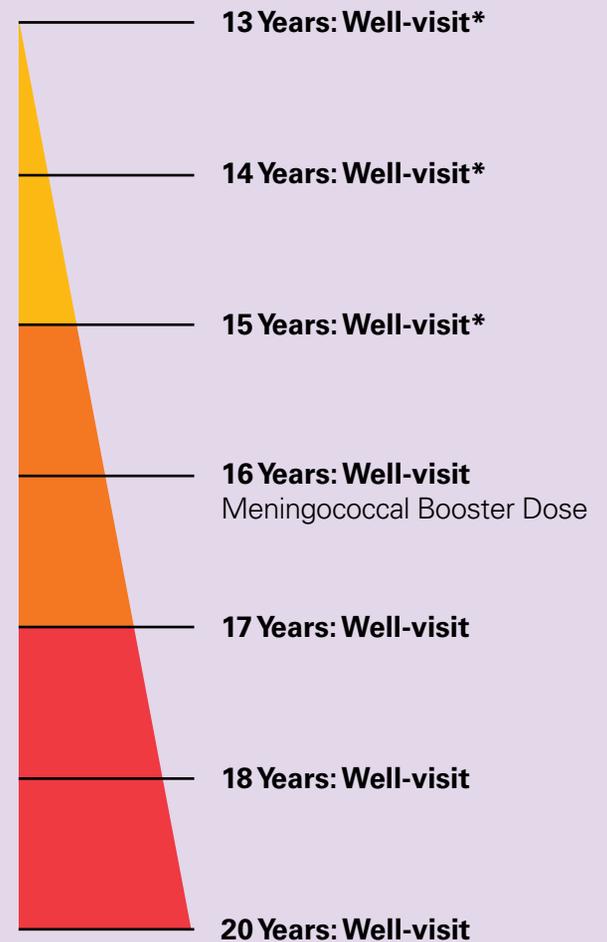
Everyone should get a flu shot every year. However, those with asthma or other medical conditions must talk with their doctor first.

### Annual and Back-to-School Physicals

It's important for you to stay active and get your annual physical. You should get at least 60 minutes of physical activity a day, and see your doctor at least once a year to make sure you're healthy. If you play sports, you will also need to get sports physicals.

Source: [www.cdc.gov](http://www.cdc.gov)

Well-visits and shots are recommended at the following ages for both boys and girls:



\*If you did not get your HPV vaccine at age 12, you may need to get a catch-up dose at this age.

Source: [www.cdc.gov/vaccines/schedules/](http://www.cdc.gov/vaccines/schedules/)

### Sign up today!

Call 1-800-727-7536 (TTY: 711)  
or visit us online at [VirginiaPremier.com](http://VirginiaPremier.com).