

5 tips for staying healthy (age 18-21)

1. Get a well-care visit once a year. This is a chance to talk to your health care team about your questions or health concerns, and make sure you're up to date on immunizations and tests.

2. Manage your health care online. Starting at age 18, you can access online services available to Kaiser Permanente adult members:

- Exchange secure emails with your health care team*
- Schedule appointments*
- View your medical records, including immunizations and lab results*
- Refill prescriptions and get free shipping to your home

To register for online services, go to kp.org/wa and follow the instructions.

3. Prepare for your health care needs before moving away from your parents. As you take charge of your own health care, it's a good idea to:

- Call Member Services at **1-888-901-4636** to find out what your health plan covers and who you can see for health care if you're moving to a different area. Or check online if you have access to services on our secure member site.
- Bring a first-aid kit with a supply of any medicines you take and a complete, up-to-date medical history. Be sure to include a list of your immunizations, medications, and any conditions you have that need ongoing care.
- Make sure Kaiser Permanente has a complete list of your immunizations on record.

4. Remember that we keep everything confidential.**

You can openly discuss anything about your health – including stress, depression, sex, birth control, and drug or alcohol issues – with your health care team. We're here to help, and everything we discuss with you is private.

*If you get your care at a Kaiser Permanente medical office.

**The physicians of Kaiser Permanente maintain the confidentiality of patient health information in accordance with the law.

5. Make a habit of healthy choices. Smart decisions you make now will help you stay healthy for life.

- **Don't use tobacco.** Not only can it kill you, it's expensive, it stains your teeth, and makes you and your breath smell bad. E-cigarettes (vaping) are just as bad. For help quitting, contact Quit for Life® at **1-800-462-5327** or visit quitnow.net/kpwa.
- **Avoid alcohol and drugs.** Using alcohol or drugs puts your life and health at risk. If you'd like to talk with someone about alcohol or drug use problems, you can make a confidential appointment with Kaiser Permanente Behavioral Health Services by calling **1-888-287-2680**.
- **Practice safe sex.** If you're sexually active, use a condom every time you have sex. Women who might become pregnant should also use other forms of birth control. Sexually active women 25 and younger should be tested for chlamydia every year.
- **Women: Get screened for cervical cancer.** You should have your first Pap test when you turn 21, and continue having Pap tests every 3 years.
- **Get help for depression.** Tell someone if you've been feeling angry, irritable, sad, hopeless, or suicidal. Don't keep these feelings to yourself. These could be signs that you're depressed, and depression can be treated.
- **Be safe on the road.** Always wear your seat belt. Never drive if you've had any alcohol to drink or used any drugs. Never ride in a car with a driver who's been drinking or using drugs – take a cab or ridesharing service such as Lyft or Uber, use public transportation, or call a friend or family member for a ride. Always wear a helmet when you're on a motorcycle, bicycle, or skateboard.
- **Prevent violence.** Don't carry or use a weapon of any kind. Learn how to solve conflicts without violence. Talk it over. Walk away. If you're being abused physically or sexually, or fear you're in danger, ask for help. Talk to a trusted adult, such as a parent, teacher, or health care provider.

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- **Stay safe online.** Don't share personal information about yourself or your family over the Internet. Never communicate with anyone who invites you to meet them in person. Remember that things you post on social networking sites (such as Facebook) can stay there forever.
- **Reduce stress.** Get physical exercise every day, eat regular meals, and get enough sleep.
- **Don't forget important vitamins and minerals.** You need 1,300 mg (milligrams) of calcium and 400 IU (international units) of vitamin D every day to build strong bones. Young women should take a multivitamin that has folate and iron in addition to taking a calcium and vitamin D supplement.
- **Keep your immunizations up to date.** By age 18 you should have had the following:
 - Hepatitis B: 3 doses to protect against disease that can cause serious liver damage.
 - HPV: 3 doses to protect against 4 types of genital human papillomavirus (HPV).
 - IPV: 4 doses to protect against polio.
 - MCV4: 1 dose to protect against meningitis.
 - MMR: 2 doses to protect against 3 diseases – measles, mumps, and rubella (also known as German measles).
 - Tdap: 1 dose to protect you against 3 serious diseases – tetanus, diphtheria, and pertussis.
 - Varicella: 2 doses to protect against chickenpox. If you already had chickenpox, you might be immune and may not need to be vaccinated. Ask your doctor or nurse.

You can check your immunization record online by registering for secure services at kp.org/wa. If you've missed some immunizations, don't worry. We can catch you up.

Help is just a phone call – or click – away

Emergency Contraception: **not-2-late.com**

Quit for Life® (for help quitting tobacco):
1-800-462-5327

Kaiser Permanente Behavioral Health Services:
1-888-287-2680

Kaiser Permanente Consulting Nurse Service:
1-800-297-6877, 24/7

National Alcohol and Drugs Helpline:
1-800-662-HELP

National STD Hotline: **1-800-227-8922**

Washington State AIDS/HIV Hotline:
1-800-272-2437

Kaiser Permanente website: **kp.org/wa**

Striving to Reduce Youth Violence Everywhere:
www.safeyouth.gov