

WANT TO GET HEALTH CARE SERVICES ON YOUR OWN?

In California, depending on your age, you can access confidential health care services without parents' or guardians' consent

YOU ~~NEED~~
RIGHTS!

MINORS OF ANY AGE:

- Contraceptive services: birth control pills, IUDs, emergency contraception, condoms, and more
- Pregnancy testing and prenatal care
- Abortion services
- Emergency medical services

MINORS 12 AND OVER:

- Everything listed above
- STI/HIV/AIDS testing, treatment, and prevention services including HIV PEP and HIV PrEP
- Mental health services
- Drug and alcohol treatment and support

Under someone else's insurance plan?
Take the next step to ensure your confidentiality.

How to complete your Confidential Communications Request:

- Download the form from MyHealthMyInfo.org
- Have your health plan and policy number ready
- Contact your health plan
- Submit your confidential communications request and confirm that they have received it

PROTECT
YOUR
INFO

YOU ~~NEED~~ SUPPORT

YourHealthYourRights.org
PregnantYouth.org

If you feel like your legal rights have been violated, contact ACLU SoCal's general line:
(213) 977-5253.

THE LAW

SB 138: Confidential Health Information Act (2013): This law ensures confidential access to sensitive services like sexual and reproductive health care and other services. Health plans are required to honor confidential communications when a request is submitted by an individual to communicate with them without the knowledge of the main policy holder such as a parent.

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