

# SEQUOIA TEEN WELLNESS CENTER

is committed to providing health care service with

**YOU IN MIND**

Our goal is to treat you with **respect** and provide **support**, while maintaining your **privacy**.

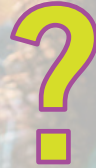


MONDAY THRU FRIDAY  
08:30am - 4:30pm



(650) 366-2927

Call us to make an appointment.  
*Walk-in visits are subject to availability.*



## CONTACT US

**Sequoia Teen Wellness Center**  
200 James Avenue  
Redwood City, CA 94062  
T: (650) 366-2927  
F: (650) 366-0183  
[smchealth.org/smmc](http://smchealth.org/smmc)



SAN MATEO COUNTY HEALTH  
**SAN MATEO  
MEDICAL CENTER**



# SEQUOIA TEEN WELLNESS CENTER

*Serving teens & young adults*



## FREE CONFIDENTIAL SERVICES

Regardless of insurance, we can offer these services at **no charge**:



Crisis intervention

Emergency contraception

Birth control counseling

Birth control, including condoms

Pregnancy testing

Reproductive health care

Testing for sexually transmitted infections (STIs)

Treatment for sexually transmitted infections (STIs)



## MEDICAL SERVICES\*

If you do not have insurance, or you are a Health Plan of San Mateo member, **we offer**:

Complete physical or sports physical exam

Immunizations

TB screening

Vision and hearing screening

Care for acute illness

Management of chronic conditions

Referrals to eye and dental services

Alcohol, tobacco, and drug counseling

Mental health services

Social work services

PrEP



## NO HEALTH INSURANCE?

We can help you **enroll!** We can also refer you to the program(s) that are right for you:



ACE Program

Medi-Cal

Healthy Kids



Our services are available for teens and young adults.

WE LOOK FORWARD TO MEETING **YOU!**

*\*These services require parental consent if patient is under 18 years old. There may be a fee for patients 19 and older.*