



For a healthy body and mind, we must learn to protect our health capital as early as possible.

The Health Insurance Fund is here to help you navigate its preventive healthcare offers.

- **M'T dents (« Love your teeth »), free dentist appointments and care**

Regular check-ups with a dentist are essential. This is why the Health Insurance Fund offers you free appointments at 18, 21 and 24 years old. Because it's best to see a dentist before you're in pain.

[To learn more](#)

- **Maintaining healthy romantic relationships**

The Health Insurance Fund is here to inform you about contraception. Good news: a contraception doctor's appointment, contraception and check-ups are now free for young girls up to 25 years old.

[To learn more](#)

And if you forget to take your pill or the condom broke, you can take emergency contraception. We have all the information.

[To learn more](#)

- **Let's talk tobacco!**

It's never too late to stop smoking. If you're looking for help to stop, download the « tabac info service » app and get your nicotine substitutes reimbursed by the Health Insurance Fund.

[To learn more](#)

- **Vaccines between 16 and 25 years old**

Several vaccines are compulsory or recommended. The good news is you can always catch up if you've forgotten. So protect yourself and your loved ones!

[To learn more](#)

Get a preventive healthcare exam

The Health Insurance Fund enables you to get a preventive healthcare exam up to the age of 25. This exam aims to review your state of health and address any topics of concern with healthcare professionals in a confidential environment. The exam is paid for by the Health Insurance Fund and provided in a healthcare examination centre.

[To learn more](#)

Visit ameli.fr to find all useful information to help you protect your health and subscribe to « [mes tips santé](#) » sur Instagram.

Where to learn more and how to contact "l'Assurance Maladie"

ameli.fr for information on news, entitlements and how to apply, reimbursements, and health

Your [ameli account](#) to use all of the services available through your personal account

The [ameli forum](#) for any general questions

By calling **3646** (no surcharge) Monday through Friday from 8:30 a.m. to 5:30 p.m.

In person, by going to [your local health insurance fund \(« CPAM »\)](#)



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Maladie**

Agir ensemble, protéger chacun