



Inform Yourself!

This April 7, TeenSmart will be celebrating World Health Day -- whose theme this year is Healthcare for All.

According to the [World Health Organization](#),

- 50% of people do not have coverage for basic health services
- 100 million people are pushed into “extreme poverty” (\$2/day) paying for health care
- All UN Member States agreed to try to achieve universal health coverage (UHC) by 2030
- Contrary to popular belief, UHC does not mean free coverage for all possible health interventions as no country can provide all services free of charge on a sustainable basis.

In the absence of comprehensive healthcare coverage, **prevention is crucial**. This is why TeenSmart developed **Tamizajes for teens** based on the concept of the preventative neonatal heel prick (*tamizaje* in Spanish) used to detect health risks in babies.

In lieu of a heel prick, TeenSmart's tamizaje consists of online questionnaires that give teens immediate and confidential feedback about risk and resilience factors in their lives. If the teen is engaging in any risky behaviors, they will see a red or yellow stoplight as well as suggestions to reflect on that risk behavior.



TeenSmart believes that when young people reflect on their own behaviors and values with the support of interactive courses and professional coaching, they have the power to make smarter choices today and every day!

Learn more about TeenSmart health prevention here



TeenSmart youth leaders practice what they preach!

Take Action!

- Invite teens to visit www.jovensalud.net! Smart choices today will make for a healthier future!
- Become a UHC advocate. Here's your [online guide](#).
- Join the #HealthForAll and #WorldHealthDay conversation on TeenSmart's [Facebook](#).

Support preventative healthcare initiatives, especially for marginalized teens and young adults who can slip through the cracks of the healthcare system. Your entire [donation to TeenSmart](#) goes to providing teens with the tools, skills and motivation they need to make healthy choices.

Celebrate with us!

For the second year in a row, TeenSmart joined CLARO's Aldeas Digitales (Digital Villages) event at the Costa Rican Children's Museum. During the four-day event, staff and volunteers registered 170 new TeenSmart users!



tBe Inspired!

During TeenSmart's recent Board Member retreat (pictured below) in San Jose, Costa Rica, we asked everyone to provide some mentoring wisdom for TeenSmart teens. Here is what they had to say:

Seek out a mentor. Your generation needs other generations. Listen. Dare to be different.tt.

Don't forget to take a break today and practice a sport with a friend - run, kick, throw, catch a ball!.

You can do anything in this life if you give it your dedication, force and passion. Hard work pays off and wi give you a life full of accomplishments and joy.

You are worth it! You have the power within you! You are brave enough to change your life!



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