



Minnesota Department of Health  
Minnesota Department of Human Services

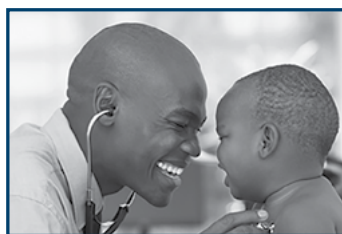


## Child and Teen Checkups (C&TC): Health Care – Birth through age 20

### A Child and Teen Checkups visit includes:

- Information about good physical and mental health
- Time to ask questions and get answers about your child's health, behavior and development
- Time to discuss thoughts, feelings and relationships
- Complete head to toe physical exam
- Immunizations
- Hearing check
- Vision check
- Lab tests
- Checks on development and growth
- Fluoride varnish treatments for certain ages
- Referral to the dentist

Use this health check for Head Start, WIC, school, child care, camp and sports physicals.



Be sure to bring forms that need to be completed with you to the appointment.

### How often should I take my child for a checkup?

How often a child gets a health check depends on the child's age. Checkups are recommended at these ages:

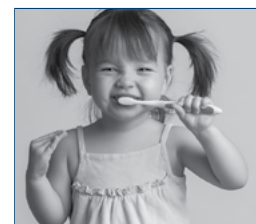
- Between birth and 1 month
- At 2, 4, 6, 9, 12, 15, 18, 24 and 30 months
- Every year starting at 3 years through 20 years
- More often if needed

### When should I take my child for a dental checkup?

Dental checkups should begin with the first tooth and no later than age 12 months.

Regular dental checkups should occur at least every six months.

Your dentist may ask to see your child more often.



### Where can I get a checkup?

- Your doctor or clinic
- Some local public health departments

Children enrolled in a health plan must get their checkups from providers in their health plan network.

Medical Assistance pays for Child and Teen Checkups visits.

## Why are C&TC visits important?

- Regular checkups help keep children, teens and young adults healthy.
- Health and dental problems can be found and treated early.
- Children can get tested for anemia, lead or tuberculosis and other diseases.
- Parents and children can get information about healthy lifestyles.
- Children can get regular checkups at the dentist.
- Teens and young adults can learn to take charge of their own health, with family support.

**Child and Teen Checkups (C&TC) is Minnesota's name for the Early and Periodic Screening, Diagnosis and Treatment (EPSDT) program.**

## Need help finding a doctor, dentist, transportation, interpreter or making an appointment?

- Call your county or tribal Child and Teen Checkups coordinator.
- If you receive your health care through a health plan, call your health plan member services phone number, which is on the back of your member card.



Attention. If you need free help interpreting this document, ask your worker or call the number below for your language.

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ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اطلب ذلك من مشرفك أو اتصل على الرقم 1-800-358-0377.

သတိ။ ဤစာရွက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ သင့်လူမှုရေးအလုပ်သမား အားမေးမြန်းခြင်းသို့ မဟုတ် 1-844-217-3563 ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមសួរអ្នកកាន់សំណុំរឿង របស់អ្នក ឬហៅទូរស័ព្ទមកលេខ 1-888-468-3787 ។

請注意，如果您需要免費協助傳譯這份文件，請告訴您的工作人員或撥打1-844-217-3564。

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, demandez à votre agent chargé du traitement de cas ou appelez le 1-844-217-3548.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces nug koj tus neeg lis dej num los sis hu rau 1-888-486-8377.

ဟ်သုဉ်ဟ်သးဘဉ်တက့ၢ်. ဝဲန့ၢ်လိဉ်ဘဉ်တၢ်မၤစၢၤကလိလၢ တၢ်ကကျိးထံဝဲဒၣ်လံာ် တီလိာ်မိတခါအံၤန့ၢ်,သံက့ၢ်ဘဉ်ပုၤဂ့ၢ်ဝီအပုၤမၤစၢၤတၢ်လၢ နဂီၢ်မ့တမ့ၢ်ကိးဘဉ် 1-844-217-3549 တက့ၢ်.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 담당자에게 문의하시거나 1-844-217-3565 으로 연락하십시오.

ໂປຣຄຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການ ແປເອກະສານນີ້ພຣີ, ຈົ່ງຖາມພະນັກງານກັບການຊ່ວຍເຫຼືອຂອງທ່ານ ຫຼື ໂທໂທ 1-888-487-8251.

Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, hojjettoota kee gaafadhu ykn afaan ati dubbattuuf bilbili 1-888-234-3798.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, обратитесь к своему социальному работнику или позвоните по телефону 1-888-562-5877.

Digniin. Haddii aad u baahantahay caawimaad lacag-la' aan ah ee tarjumaadda qoraalkan, hawl wadeenkaaga weydiiso ama wac lambarka 1-888-547-8829.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, comuníquese con su trabajador o llame al 1-888-428-3438.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi nhân viên xã hội của quý vị hoặc gọi số 1-888-554-8759.



For accessible formats of this information or assistance with additional equal access to human services, write to [dhs.childteencheckups@state.mn.us](mailto:dhs.childteencheckups@state.mn.us), call 651-431-2916, or use your preferred relay service. ADA1 (2-18)