

Your children need you to keep them Healthy

Health checkups are important.
Ongoing healthcare is also important.
If your child currently does not have health coverage there maybe health insurance available for them.
No-cost / low-cost health coverage

If you need help finding and applying for no-cost / low-cost Medical and dental coverage for your children and youth, Including Medi-Cal, call us at 1-800-675-2229



County of San Diego, Health & Human Services Agency
Maternal, Child and Family Health Services
3851 Rosecrans Street, Suite 522
Mailstop: P511H
San Diego, CA 92110-3115
1-800-675-2229

No Cost Health Checkups for Children and Teens



CHDP

Child Health and Disability Prevention Program provides no-cost health checkups.

1-800-675-2229

Why should your child have health checkups?

Whether your child is a newborn or a teenager, he or she needs regular health checkups. Checkups can keep your child well by finding problems you may not see. When problems are found and treated early, more serious problems can be prevented later in life.

Your child can get these checkups at no cost to you if your family is eligible for the Child Health and Disability Prevention CHDP Program.

Who can get a CHDP checkup?

Your child can get a CHDP health checkup at no cost if:

- Under the age of 21 and has Medi-Cal
- Under the age of 19 and from a low-income family
(You can find out if your family meets the income requirement by calling CHDP)
- Attends Head Start or State Preschool
- They are in Foster Care

When does your child need health checkups?

Children and teens need to be checked regularly. Also, your child must have a checkup to enter first grade. Other activities like playing school sports and going to camp may also require health checkups.

Always ask your CHDP doctor or nurse when your child should come back for the next checkup.

What happens during a health checkup?

During a CHDP health checkup, expect the doctor or nurse to:

- Ask questions about your child's growth, development, and health history
- Check your child from head to toe
- Review your child's eating and dental habits

Depending on your child's age, the doctor or nurse may also:

- Test your child's hearing and vision
- Give immunizations
- Test for tuberculosis
- Do blood, urine, and other tests as needed

The doctor or nurse will explain the results of your child's health checkup and answer any of your questions.

How do you get a CHDP health checkup?

☎ Call 1-800-675-2229 for the name of a CHDP doctor or clinic near you. If you already have a doctor, ask if he or she provides CHDP health checkups.

☎ Call the doctor's office or clinic to make an appointment. Tell them it is for a CHDP exam. You will need to fill out a form when you get to the office.

Before your appointment:

- Make a list of any questions you may have about your child's health
- If you have Medi-Cal, take your card to the visit
- Take any school or sports forms that need to be filled out
- Take immunization records



Help your child stay healthy during all the growing years!