Health Exams for Children in Foster Care

County of San Diego
Health and Human Services Agency
Public Health Services

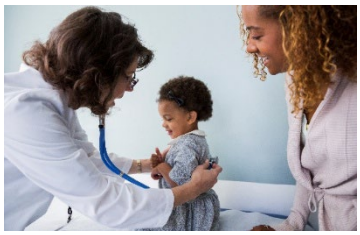
Regular check-ups help keep your foster child healthy. Make an appointment as soon as you can! A medical and dental exam must be done within 30 days of foster care placement.

A health exam includes:

- Growth, development, and health history
- Head-to-toe physical exam
- Record of weight and height
- Hearing and vision screening
- Necessary immunizations
- Blood and urine tests
- Tuberculosis (TB) test
- Review of nutrition and eating habits
- Dental screening and referral to a dentist
- Review of the health exam results
- Answers to any questions or concerns

If further treatment is needed, reach out to your foster child's provider. Treatment will be provided at no cost if you are covered by Medi-Cal.

Let's see that smile! Foster children should visit a dentist at age one or when their first tooth appears. Dental exams should be every six months.



Frequent health exams are important.

Take your foster child for a health exam at each of the following age ranges:

Child's Age	Frequency of Medical Exam
Under 1 month	3-5 days old and by 1 month
1-2 months	Every month
2-6 months	Every 2 months
6-18 months	Every 3 months
18-36 months	Every 6 months
3-19 years	Every year

Remember to bring the following to all your appointments:

- Medi-Cal card (BIC) or ID number
- Health and Education Passport (HEP)
- Immunization records
- Authorization for medical care
- Health Visit Report Form*
- List of any questions or concerns

**Please return the completed form to your public health nurse.*

For more information, visit: tinyurl.com/hcpcfcsandiego.

Call your public health nurse to find a doctor or dentist that accepts Medi-Cal.

County of San Diego Health and Human Services Agency | LIVE WELL SAN DIEGO

Health Care Program for hcpcfc Children in Foster Care