

A Health Exam Includes:

- A growth, development, and health history.
- A head-to-toe physical exam.
- A record of weight and height.
- Hearing and vision testing.
- Necessary immunizations (shots) against diseases, such as: polio, measles, rubella, mumps, tetanus, diphtheria, whooping cough, meningitis, chickenpox, and hepatitis.
- Blood and urine tests.
- A tuberculosis (TB) test.
- A review of nutrition and eating habits.
- A dental screening and referral to a Denti-Cal dentist.
- An explanation of the results of the health exam.
- Answers to any of your questions or concerns.



If the exam or tests show a need for further diagnosis and treatment, it is important to follow the advice you are given. Necessary treatment will be provided at no-cost as long as your foster child is covered by Medi-Cal.

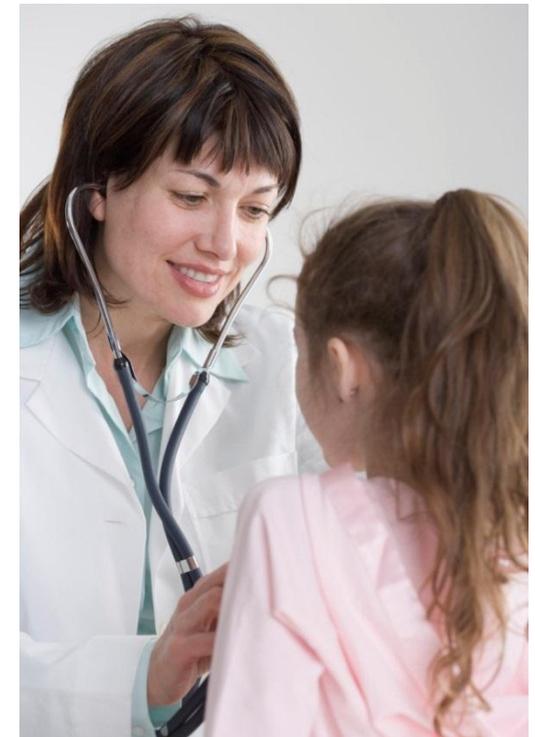
If you have any questions or concerns about the CHDP health exam your foster child received or if you need assistance finding a doctor or dentist in your area who accepts Medi-Cal or Denti-Cal, call the CHDP Program

1-800-675-2229

County of San Diego
Health and Human Services Agency
Public Health Services
Health Care Program for Children in Foster Care
3851 Rosecrans St., Ste. 522,
San Diego, CA 92110-3115
www.chdpsd.org



Health Exams for Children in Foster Care



Child Health and Disability Prevention (CHDP) Program

The Child Health and Disability Prevention (CHDP) Program provides regular and comprehensive health exams for children to prevent and identify health issues.

Health and dental check-ups are given at no-cost because your foster child is covered by Medi-Cal.

Health Exams for Children in Foster Care

Children in foster care need good health care. Regular health exams are an important part of the care you give your foster child.

Often, children in foster care have had little or no health care. Children in foster care may have more health problems than other children and may have problems that cannot be seen. A health problem found and treated early is easier to correct, may prevent serious problems in the future, and save money on medical costs.



Frequent health exams are important.

The Medi-Cal program will pay for more frequent health exams for children in foster care. Take your child for a health exam at each of the following age ranges:

- Under 1 month
- 1-2 months
- 3-4 months
- 5-6 months
- 7-9 months
- 10-12 months
- 13-15 months
- 16-23 months
- Every year between 2 and 19 years of age

Six exams are needed during the child's first year of life.
Two exams are needed during the child's second year of life.

Call now to make an appointment.

It is best for the child to go to his/her medical home (medical provider or clinic) for all medical needs, including health exams. To make an appointment, call one of the following and request a CHDP health exam:

- The child's doctor or dentist (must accept Medi-Cal or Denti-Cal)
- A CHDP provider (1-800-675-2229)
- A nearby clinic or health center that accepts Medi-Cal

Remember to bring:

- Child's Medi-Cal card (BIC)
- Child's Health and Education Passport (HEP)
- Child's immunization (shot) records
- Authorization for medical care
- List of any questions or concerns



Let's see that smile!

Children with Medi-Cal or Denti-Cal may see a dentist starting at age one. Children in foster care should receive a regular dental exam every six months.