

Your Children Need You To Keep Them Healthy

Health checkups are important.

Ongoing healthcare is also important for your child.

Apply for No-/Low-Cost Health Coverage



San Diego Kids Health Assurance Network

(SD-KHAN)

Call us at:

1-800-675-2229

SD-KHAN is a free referral service for families who need help finding and applying for low or no cost medical and dental coverage, including Medi-Cal and Healthy Families, for their children and youth.

Your children may be eligible if they are...

- 0-18 years old and
- living in California for the past six months

Cost ranges from \$0-\$15 per child per month depending on your income, family size and the plan you choose.

REMEMBER: Your children need you to keep them healthy. You should enroll your children to have:

- Regular checkups to stay well**
- Immunizations**
- Dental care** (exams, x-rays, cleanings and fillings)
- Prescription medicines**
- Vision care** (eye glasses)
- Mental healthcare**
- Specialty care**
- And, medical treatment of illnesses and hospital care, when necessary.**



County of San Diego

No Cost Health Checkups for Children and Teens



CHDP

**Child Health and Disability
Prevention Program provides
no-cost health checkups and, in
some cases, medical treatment.**

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 early and treated, 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 he or she:

- ✓ is under the age of 21 and has Medi-Cal.
- ✓ is 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.
- ✓ is a Foster Care child.



When does your child need health checkups?

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

The CHDP Program will pay for regular health checkups for your child from birth until the age of 19 (21 for Medi-Cal children).

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

County of San Diego Health and Human Services Agency
Children, Youth and Families
P. O. Box 85222
San Diego, CA 92186-5222

What happens during a health checkup?

During a CHDP health checkup, the doctor or nurse will:

- ◆ 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.
- ◆ Depending on your child's medical history, other tests may be given also.

Then, the doctor or nurse will explain the results of your child's health checkup and answer any questions you may have.

How do you get a CHDP checkup?

- 】 Call **1-800-675-2229** for the name of a CHDP doctor or clinic near your home. If you already have a doctor, ask him or her if they provide CHDP 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, bring your card.
- ◆ Bring any school or sports forms that need to be filled out.
- ◆ Bring immunization records, too.

Turn over for more information