What happens at your child's check-up?

Your child's provider will:

- Do a physical exam
- Ask about your family's health history
- Give recommended shots, when needed
- Talk about dental health and, when needed, give your child fluoride varnish and fluoride supplements, and help finding a dentist
- Check your child's hearing and vision
- Discuss important health topics such as development, behaviors, your and your child's mental health, nutrition, sleep, safety, and protecting skin from the sun

Your child's provider will check for:

- **Developmental milestones**
- **Lead poisoning**
- **Anemia,** if at risk
- **Autism**
- **Depression screening** in new mothers
- **Anxiety**
- **Tuberculosis (TB),** if at risk
- **Cholesterol,** if at risk
- **Other health issues** or concerns you have

English (Rev.2027): For children from birth to under age 12

If you have questions or want to learn more

Your Medi-Cal managed care plan
The phone number is on your plan ID card and your plan's website or go to www.dhcs.ca.gov/mmchpd

Medi-Cal Member Help Line
Call **1-800-541-5555** (TDD 1-800-430-7077)
Or go to www.dhcs.ca.gov/myMedi-Cal

Medi-Cal Dental
Call Smile, California at **1-800-322-6384**
(TTY 1-800-735-2922)
Or go to smilecalifornia.org or www.dhcs.ca.gov/MCP

Specialty Mental Health
Call **1-888-452-8609**
To ask about services for a serious mental health condition, contact your county Mental Health Plan at www.dhcs.ca.gov/CMHP

Alcohol or drug use
Call the Department of Health Care Services (DHCS) Substance Use Resource Center 24/7 at **1-800-879-2772**
Or go to www.dhcs.ca.gov/SUD-NETRL

Crisis support
Call the Suicide & Crisis Lifeline at **988**

Mental Health Counseling/Coaching Support
Call or text **1-833-317-HOPE** (4673) or go to www.calhope.org

Know your rights and responsibilities
Call **1-888-452-8609**

DHCS
www.dhcs.ca.gov/kidsandteens

Medi-Cal for Kids & Teens

Preventive and treatment services from birth to age 21

Medi-Cal services are free for children

All the care your child needs is free

If your child is enrolled in Medi-Cal, they qualify for free services and supports they need to stay or get healthy from birth to age 21.

This includes check-ups, shots, health screenings, and treatment for physical, mental, and dental health problems.

Read the check-up timeline below

It's important to take your child for regular check-ups even if they aren't sick. Regular check-ups can help keep your child healthy. They can prevent health problems, and find and address them early.

You can make an appointment any time to talk to a doctor, even if your child just had a check-up. Read the check-up timeline below.

You can get free transportation to medical appointments

Plan your child's check-up

Call your managed care plan. Or call the Medi-Cal Member Help Line at **1-800-541-5555** (TDD 1-800-430-7077).

You can get help to:

- **Find a doctor** or set up an appointment
- **Get a free ride** to and from your appointment or to pick up medication, medical equipment, and supplies
- **Ask for language assistance** at your appointment

If you need this flyer or other Medi-Cal materials in an **alternative format** such as larger font, audio format, CD, or braille, call **1-833-284-0040**. For language assistance, call the Medi-Cal Member Hotline at **1-800-541-5555** (TDD 1-800-430-7077).

Schedule a check-up on or before these ages

Dental visit every 6 months starting at 12 months

Medi-Cal for Kids & Teens covers services to manage and treat health problems

If a doctor finds a physical, mental, or dental health concern that needs treatment or management, Medi-Cal must provide and cover the needed care.*

Care covered by Medi-Cal for Kids & Teens:

- Physical health services, including primary care and specialist visits
- Mental health and drug or alcohol treatment services, including therapy
- Dental check-ups and follow-up services
- Vision services, including eyeglasses
- Hearing services
- COVID-19 testing and treatment
- Medical equipment and supplies, including durable medical equipment
- Medication
- Lab tests, including blood tests to check lead levels, and any needed follow-up care
- Physical, occupational, and speech therapy
- Home health services, including nursing care
- Hospital and residential treatment
- All other needed services, as your child's provider determines

* Some members may only qualify for emergency dental services.