



Child and Teen Checkups (C&TC): Your connection to preventive health care - Birth through age 20 years

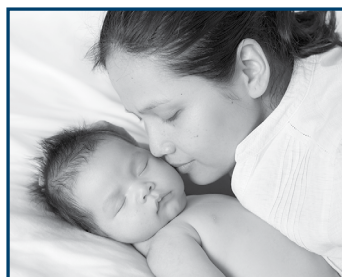
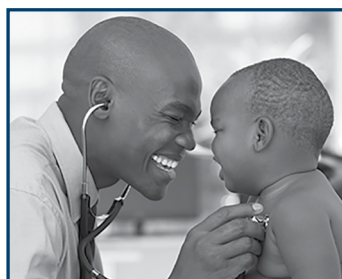
What is preventive health care?

Going to the doctor when you are healthy may be something new to you. This is called preventive health care. This type of care provides health checks that keep us healthy and helps identify problems so they can be treated early.

Medical Assistance covers these visits, and you do not have to pay for them.

Why are these visits important?

- Regular checkups keep us healthy
- Get checked for anemia, lead, or other concerns
- Get information about health topics that are important to you
- Teens and young adults can learn to take control of their own health, with family support



How often should I take my child for a checkup?

Children get checkups according to their age. Checkups are recommended at these ages:

- Between birth and 1 month
- At 2, 4, 6, 9, 12, 15, 18, 24 and 30 months
- Every year starting at 3 years through 20 years
- More often if needed

A visit includes:

- Information about good physical and emotional health
- Time to ask questions and get answers about health, growth, behavior, and development
- Time to discuss thoughts, feelings and relationships
- Complete head-to-toe exam
- Vaccines when needed
- Hearing check
- Vision check
- Lab tests when needed
- Fluoride varnish application for certain ages
- Referral to the dentist





A C&TC visit is used for Head Start, WIC, school, childcare, camp and Minnesota State High School League sports. Remember to bring forms that need to be filled out to the appointment.

Where can I get a checkup?

- Your doctor or clinic
- Some local public health departments

If your child is enrolled in a health plan through Medical Assistance, they must receive care from doctors in that plan.

Need help finding a doctor, dentist, transportation, interpreter or making an appointment?

- Call your clinic or tribal or county [C&TC coordinator](#).
- Call the member services phone number on the back of your health plan member card.

When should I take my child for a dental checkup?

Dental checkups should begin as soon as a first tooth is seen and no later than age 12 months.

Regular dental checkups occur at least every six months. **Medical Assistance covers these visits, and you do not have to pay for them.**



For accessible formats of this information or assistance with additional equal access to human services, email us at dhs.childteencheckups@state.mn.us, call 651-431-2916, or use your preferred relay service.

ADA1 (3-24)

NO ENGLISH



651-431-2916

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Arabic. انتباه. إذا احتجت الى مساعدة مجانية في ترجمة هذه الوثيقة، اتصل بالرقم الموجود في المربع أعلاه.

মেনাযোগ দিন। যিদ আপিন বিনামূলেয এই নিখটির বযায়ার জেনয সহায় চান তাহেল উপেরাকত বাকেস থাকা নমবরটিতে কল করুন। Bengali

သတိပြုရန်။ ဤစာတမ်းကို ဘာသာပြန်ဆိုင်ရန်အတွက် အခမဲ့အကူအညီ လိုအပ်ပါက၊ အထက်ဖော်ပြပါ အကွက်ရှိ နံပါတ်ကို ခေါ်ဆိုပါ။ Burmese

ការយកចិត្តទុកដាក់។ ប្រសិនបើអ្នកត្រូវការជំនួយឥតគិតថ្លៃក្នុងការបកស្រាយឯកសារនេះ សូមហៅទូរសព្ទទៅលេខក្នុងប្រអប់ខាងលើ។ Cambodian

注意！如果您需要免費的口譯支持，請撥打上方方框中的電話號碼。 Cantonese (Traditional Chinese)

wáŋ. héčínhaŋ niyé wačhínŋAŋ wayúiyeska ki de wówapi sutá, ečíyA kiŋ wóiyawa ed ophiye waŋ. Dakota

Paunawa. Kung kailangan mo ng libreng tulong sa pag-unawa sa kahulugan ng dokumentong ito, tawagan ang numero sa kahon sa itaas. Filipino (Tagalog)

Attention. Si vous avez besoin d'aide gratuite pour interpréter ce document, appelez le numéro indiqué dans la case ci-dessus. French

સાવધાન. જો તમને આ દસ્તાવેજને સમજવા માટે નિ:શુલ્ક મદદની જરૂર હોય, તો ઉપરના બોક્સ પૈકીના નંબર પર કોલ કરો. Gujarati

ध्यान दें। यदि आपको इस दस्तावेज़ की व्याख्या में निशुल्क सहायता की आवश्यकता है, तो ऊपर बॉक्स में दिए गए नंबर पर कॉल करें। Hindi

NO ENGLISH



651-431-2916

Hubachiisa:-Yoo barreeffama kana hiikuuf gargaarsa bilisaa barbaaddan, lakkoofsa saanduqa armaan olii keessa jirun bilbilaa Oromo

Atenção. Se você precisar de ajuda gratuita para interpretar este documento, ligue para o número na caixa acima. Portuguese

Внимание! Если Вам нужна бесплатная помощь в переводе этого документа, позвоните по телефону, указанному в рамке выше. Russian

Pažnja. Ukoliko vam je potrebna besplatna pomoć u tumačenju ovog dokumenta, pozovite broj naveden u kvadratu iznad. Serbian

Fiiro gaar ah. Haddii aad u baahan tahay caawimo bilaash si laguugu turjumo dukumiintigan, wac lambarka ku jira sanduuqa sare. Somali

Atención. Si necesita ayuda gratuita para interpretar este documento, llame al número que aparece en el recuadro superior. Spanish

Zingatia. Iwapo unahitaji msaada usio na malipo wa kutafsiri hati hii, piga simu kwa namba iliyo kwenye kisanduku hapo juu. Swahili

ልቢ ቢሉ፡ ነዚ ሰነድ ንምትርጓም ነፃ ሓገዝ እንተ ደልዮም፣ በቲ ኣብ ላዕሊ ኣብ ውሽጢ ሰደጅ ተቐጣጢ ዘሎ ቁጽሪ ይደውሉ። Tigrinya

Увага! Якщо Вам потрібна безкоштовна допомога в перекладі цього документа, зателефонуйте за номером, вказаним у рамці вище. Ukrainian

Xin lưu ý: Hãy liên hệ theo số điện thoại trong ô trên nếu bạn cần bất kỳ sự hỗ trợ miễn phí nào để hiểu rõ về tài liệu này. Vietnamese

Àkíyèsí. Tí o bá nílò ìrànlówọ̀ pẹ̀lú tí tú mọ̀ àkọ̀ọ̀lẹ̀ yìí, pe nọ̀mbà tó wà nínú àpótí tí wà ló kẹ̀. Yoruba

NO ENGLISH



651-431-2916

Lus Ceeb Toom. Yog tias koj xav tau kev pab txhais lus dawb ntawm cov ntaub ntawv no, ces hu rau tus nab npawb xov tooj nyob hauv lub npov plaub fab saum toj no. Hmong

ဟ်သ့ဟ်သး. နမ့ၢ်လိာ်ဘၣ် တၢ်မၤစၢၤကလီၤလၢ ကကျိးထံလံာ်တီလံာ်မိတဖၣ်အဃိ, ကိးနိာ်ဂံၢ်လၢ အအိၣ်ဖဲတၢ်လွံၢ်နၢၣ် လၢတၢ်ဖိခိၣ်အပူၤတက့ၢ်. Karen

이 문서의 내용을 이해하는 데 도움이 필요하시면 위에 있는 전화번호로 연락해 무료 통역 서비스를 받으실 수 있습니다. Korean

تکایه سه‌رنج بده. ئەگەر بۆ وەرگێڕانی ئەم بەڵگەنامەیە پێویستت بە یارمەتی بێبەرامبەرە، ئەوا پەیوەندی بەو ژمارەیەوه بکە که له بۆکسه‌که‌ی سه‌ره‌ه‌دایه. Kurdish Sorani

Baldarî. Ger ji bo wergerandina vê belgeyê hewcedariya we bi alîkariya belaş hebe, ji kerema xwe bi hejmara li qutiya jorîn re telefon bikin. Kurdish Kurmanji

Hoŋpín. Tóhán wanǝ́jí thí wíyukčanpi kin yuhá níyunspe héčha čhéya, lé tkíčhun kin k'é nánpa opáwinyan. Lakota

ເອົາໃຈໃສ່. ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫຼືອພຣີໃນການຕີຄວາມເອກະສານນີ້, ໃຫ້ໂທຫາເບີທີ່ຢູ່ໃນບ່ອງຂ້າງເທິງ. Lao

注意！如果您需要免费的口译帮助，请拨打上方方框中的电话号码。
Mandarin (Simplified Chinese)

P̄alɛ rɔ piny: Mi gööri luäk lɔrä ke luɔc kä mɛmɛ, yɔtni nämbär ɛmɔ tää nhial guäth ɛmɛ. Nuer

Mah Biz'sin'dan.

Keesh'pin nan'deh'dam'mun chi'wee'chi'goo'yan chi'nis'too'ta'man oo'weh ooshii'be'kan.

Ishi'kidoon ah'kin'das'soon ka'ooshi'bee'kadehk ish'peh'mik ka'shi ka'ka'kak. Ojibwe