

What happens at your child's check-up?



Learn more. Contact us.

At the check-up, your child's doctor will:

- Complete a physical exam
- Check growth and development
- Ask about your family's health history
- Give recommended shots, when needed
- Address dental health concerns, including providing fluoride varnish and supplements, when needed
- Regularly check hearing and vision
- Discuss important health topics such as development, mental health, nutrition, sleep, safety, and sun protection

Your child's doctor will also check for:

- **Developmental milestones** at 9, 18, and 30 months
- **Lead poisoning** at 12 and 24 months
- **Anemia** at 12 months, if at risk
- **Autism** at 18 and 24 months
- **Depression and anxiety** in new mothers
- **Tuberculosis (TB)**, if at risk
- **Cholesterol**, if at risk
- Other health issues or concerns you may have

If you have questions or want to learn more:

- **Your Medi-Cal managed care plan:** The phone number for your managed care plan is on your managed care plan ID card and can be found on your managed care plan's website.
- **Medi-Cal Member Help Line:** Call **1-800-541-5555** (TDD 1-800-430-7077). Or visit dhcs.ca.gov/myMedi-Cal.
- **Your rights and responsibilities:** Call **1-888-452-8609** to understand your Medi-Cal rights and responsibilities.
- **Medi-Cal Dental:** Call Smile, California at **1-800-322-6384** (TTY 1-800-735-2922). Or visit <http://www.smilecalifornia.org> or <https://www.dhcs.ca.gov/MCP>.
- **Specialty mental health:** Call **1-888-452-8609** or contact your county Mental Health Plan at <https://www.dhcs.ca.gov/CMHP>.
- **Substance use:** Call the Department of Health Care Services (DHCS) Substance Use Resource Center 24 hours a day, 7 days a week at **1-800-879-2772**. Or visit <https://www.dhcs.ca.gov/SUD-NETRL>.
- **Crisis supports:** Call **988** for the National Suicide Prevention Line or call **1-833-317-HOPE** (4673). Or visit www.calhopeconnect.org for live crisis counseling from CalHOPE.
- **Staying healthy:** To learn more about keeping your family healthy, visit the Healthy Children website at www.healthychildren.org.



**DEPARTMENT OF
HEALTH CARE SERVICES**

www.dhcs.ca.gov/services/pages/EPSTD.aspx



Medi-Cal

**Grow Up Healthy
California**



Grow Up Healthy California is for all children in Medi-Cal.

Grow Up Healthy California is the new name for Medi-Cal's comprehensive set of services for children and youth. If your child is enrolled in Medi-Cal, they are eligible for Grow Up Healthy California check-ups from birth up to 21 years of age. It's important to take your child to regular check-ups (see check-up timeline below), even if they're not sick. Regular check-ups can help keep your child healthy by preventing problems and finding and addressing health problems early.

Any time you have concerns about your child's health or development, you can schedule an appointment to talk to a doctor, even if your child recently had a check-up. Children should also visit their dentist every six months to keep their teeth healthy.

Schedule a check-up on or before these ages:



If you or your child needs to access this material or any other Medi-Cal materials in an alternative format (e.g., larger font, audio format, CD, braille), please call: **1-833-284-0040**

Grow Up Healthy California services are free for most children.

Plan your child's check-up:



Find a doctor or get help setting up an appointment by calling your child's managed care plan or the Medi-Cal Member Help Line at 1-800-541-5555 (TDD 1-800-430-7077). You can ask for language assistance at your child's appointment. You can also get a free ride to and from your appointment. Just ask your doctor or managed care plan or call the Medi-Cal Member Help Line at 1-800-541-5555.

All the care your child needs—including check-ups, vaccinations, health screenings, and treatment for physical, mental, and dental health problems—**is provided for free** for most children.

Grow Up Healthy California includes services to manage and treat health problems.

If a check-up or screening finds a physical, dental, or mental health concern, Grow Up Healthy California covers the care needed to manage and treat it. If a service is medically necessary to treat or manage a child's condition, the service must be provided.

Grow Up Healthy California covers care that includes:

- Physical health services
- Vision services, including eyeglasses
- Hearing services
- Dental follow-up treatment services
- Mental health and substance use services
- COVID-19 testing and treatment
- Medical equipment and supplies
- Medication
- Lab tests, including blood lead testing
- Physical, occupational, and speech therapy
- Home health services, including nursing care
- Inpatient and residential treatment
- All other medically necessary services

