



Minnesota Department of Health  
Minnesota Department of Human Services



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

### What is preventive health care?

Preventive care provides screening and health checks that support the best care for your child.

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

### Why are these visits important?

- Regular checkups help 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 charge of their own health, with family support

### How often should I take my child for a checkup?

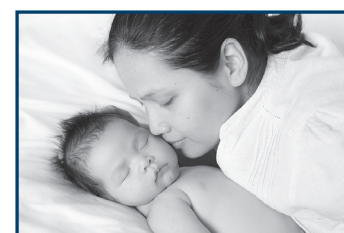
Children get checkups according to their age. Checkups are recommended at these ages:

- 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, 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
- Development and growth checks
- 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.



# 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.

## 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.

Attention. If you need free help interpreting this document, ask your worker or call the number below for your language.

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ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اطلب ذلك من مشرفك أو اتصل على الرقم 1-800-358-0377.

သတိ။ ဤစာရွက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ သင့်လူမှုရေးအလုပ်သမား အားမေးမြန်းခြင်းသို့ မဟုတ် 1-844-217-3563 ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមសួរអ្នកកាន់សំណុំរឿង របស់អ្នក ឬហៅទូរស័ព្ទមកលេខ 1-888-468-3787 ។

請注意，如果您需要免費協助傳譯這份文件，請告訴您的工作人員或撥打1-844-217-3564。

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, demandez à votre agent chargé du traitement de cas ou appelez le 1-844-217-3548.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces nug koj tus neeg lis dej num los sis hu rau 1-888-486-8377.

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알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 담당자에게 문의하시거나 1-844-217-3565 으로 연락하십시오.

ໂປຣດຊາບ. ຖ້າທ່ານ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການ ແປເອກະສານນີ້ຟຣີ, ຈົ່ງຖາມພະນັກງານກຳກັບການຊ່ວຍເຫຼືອຂອງທ່ານ ຫຼື ໂທໂປຣໂປທີ 1-888-487-8251.

Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, hojjettoota kee gaafadhu ykn afaan ati dubbattuuf bilbili 1-888-234-3798.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, обратитесь к своему социальному работнику или позвоните по телефону 1-888-562-5877.

Digniin. Haddii aad u baahantahay caawimaad lacag-la' aan ah ee tarjumaadda qoraalkan, hawl wadeenkaaga weydiiso ama wac lambarka 1-888-547-8829.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, comuníquese con su trabajador o llame al 1-888-428-3438.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi nhân viên xã hội của quý vị hoặc gọi số 1-888-554-8759.



For accessible formats of this information or assistance with additional equal access to human services, write to [dhs.childteencheckups@state.mn.us](mailto:dhs.childteencheckups@state.mn.us), call 651-431-2916, or use your preferred relay service. ADA1 (2-18)