

# Child HealthCheck Program

## Every parent should do this

HealthCheck is a set of health exams given yearly to identify and correct any health conditions in children and adolescents. With the HealthCheck program, your child's primary care provider (PCP) will check your child for health problems early. These checkups are important for children as they grow.

## Why does my child need immunizations (shots)?

Immunizations (em-you-ni-ZAY-shuns) are shots that help the body fight diseases. Each shot helps fight a different disease. Children must have their shots before starting school.

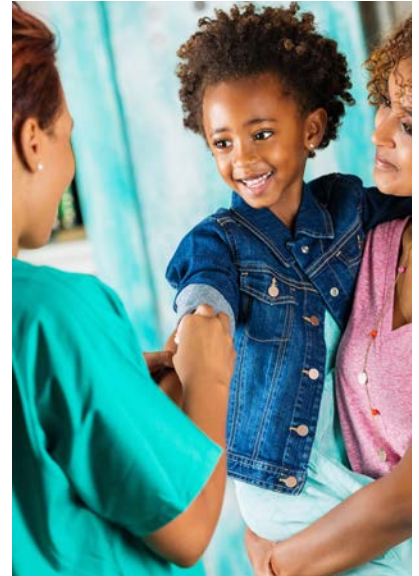
## How do I make sure my child gets HealthCheck services?

- Call your child's PCP for appointments. Your child's PCP should be the first person to call if you have medical questions.
- If you need help finding a provider or want more information about the HealthCheck program, please call Enrollee Services at **202-408-4720** or toll-free at **1-800-408-7511** and ask for assistance

## What will my child be checked for?

- Height, weight, and growth and development
- Any needed immunizations or shots
- Eye and hearing tests
- Dental checkup
- Blood pressure check
- Nutrition
- Any needed lab tests, like a lead test
- Healthy lifestyle

If your child's PCP is not available and you have a health-related question that needs to be answered right away, call the 24/7 Nurse Call Line at **1-877-759-6279**. Specially trained nurses are available 24 hours a day, seven days a week. Please remember that the 24/7 Nurse Call Line does not take the place of your child's PCP. Always follow up with your child's PCP.



If your child's PCP is not available and you have a health-related question that needs to be answered right away, call the 24/7 Nurse Call Line at **1-877-759-6279**.

# What is HealthCheck?



HealthCheck is a program of regular checkups for AmeriHealth Caritas District of Columbia enrollees that start at birth and continue until a person turns 21 years old.

HealthCheck is free and helps to ensure proper growth and good health.

### HealthCheck checkups include:

- A complete unclothed physical exam
- Immunizations
- Dental screening
- Vision (eye) screening
- Hearing screening
- Lead screening  
(for all enrollees under 6 years old)
- Health education
- Behavioral health screening

### HealthCheck and your baby

Your child should have 12 HealthCheck checkups between birth and age 3.

This may seem like a lot, but making sure that your child is healthy and properly immunized is a way to protect your child from preventable and possibly life-threatening diseases. This chart shows the ages and types of immunizations and tests your baby will need.

### Key:

**Hep** = Hepatitis vaccine

**DTaP** = Diphtheria, tetanus toxoid, and acellular pertussis vaccine

**RV** = Rotavirus vaccine

**Hib** = Haemophilus influenzae vaccine

**IPV** = Intramuscular polio vaccine

**PCV** = Pneumococcal vaccine

**Varicella** = Chickenpox vaccine

Age	Immunization or test
<b>Birth</b>	<ul style="list-style-type: none"> <li>• HepB #1</li> <li>• Newborn metabolic/hemoglobin screening</li> </ul>
<b>2 months</b>	<ul style="list-style-type: none"> <li>• HepB #2</li> <li>• DTaP #1</li> <li>• RV #1</li> <li>• Hib #1</li> <li>• PCV #1</li> <li>• IPV #1</li> </ul>
<b>4 months</b>	<ul style="list-style-type: none"> <li>• DTaP #2</li> <li>• RV #2</li> <li>• Hib #2</li> <li>• PCV #2</li> <li>• IPV #2</li> </ul>
<b>6 months</b>	<ul style="list-style-type: none"> <li>• HepB #3</li> <li>• Hib #3</li> <li>• DTaP #3</li> <li>• RV #3</li> <li>• PCV #3</li> <li>• IPV #3</li> </ul>
<b>12 months</b>	<ul style="list-style-type: none"> <li>• HiB #4</li> <li>• MMR #1</li> <li>• Varicella #1</li> <li>• PCV #4</li> <li>• HepA #1</li> <li>• Lead screen</li> <li>• Hemoglobin/hematocrit</li> <li>• Tuberculosis test if at risk</li> <li>• Dental screen</li> </ul>
<b>15 months</b>	Varicella #2 (second dose may be given at age 4)
<b>18 months</b>	Hep A #2
<b>24 months</b>	Lead screen
<b>Every year</b>	Beginning at 6 months, seasonal influenza (flu) vaccine as recommended each year



## HealthCheck and the school-aged child

Many childhood illnesses do not show up right away. HealthCheck exams can help keep your child healthy by spotting potential illness before it happens. That’s why children 3 years old and older should have a HealthCheck exam every year.

Your child’s annual HealthCheck exam not only promotes proper growth and good health, but can also be used as the back-to-school health exam your child needs to enter school each year. Also, children who did not have lead tests at ages 12 months and 24 months should have two lead screenings between ages 3 and 6. This chart shows the ages and types of immunizations and tests your child will need.

Age	Immunization or test
3 years – 6 years	• Blood lead test
4 years – 6 years	• DTaP • MMR • IPV
11 years – 12 years	• HPV (girls only) • MCV4
13 years or older	• Varicella
Every 6 months	• Dental visits
Every year	• Flu

## HealthCheck and adolescents

HealthChecks are just as important for teens and young adults as they are for small children. In addition to the services given to younger children, HealthCheck also offers specialized services and counseling for teens and young adults, including:

- Pap tests for teenage girls
- STI tests
- Substance use prevention
- Drug use tests
- Nutrition counseling
- Mental health screenings and counseling
- Family planning information
- Prenatal services
- Violence prevention

This chart shows the ages and types of immunizations and tests your teen will need.

Age	Immunization or test
13 years – 16 years	• Tdap • HPV
18 years or younger	• MCV4
Every 6 months	• Dental visits
Every year	• Flu

## Transportation provided for HealthCheck

Free door-to-door transportation is provided for all HealthCheck appointments. Call **1-800-315-3485** to schedule transportation for your HealthCheck appointments.

Your child should receive a HealthCheck checkup at ages:		
Birth	2 years	13 years
2 – 4 days	30 months	14 years
1 month	3 years	15 years
2 months	4 years	16 years
4 months	5 years	17 years
6 months	6 years	18 years
9 months	8 years	19 years
12 months	10 years	20 years
15 months	11 years	
18 months	12 years	

AmeriHealth Caritas District of Columbia complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

### English

If you do not speak and/or read English, please call **1-800-408-7511 (TTY 1-800-570-1190)**, available 24 hours a day, seven days a week. A representative will assist you.

### Español

Si no habla y/o lee inglés, llame al **1-800-408-7511 (TTY 1-800-570-1190)**, línea disponible las 24 horas del día, los siete días de la semana. Un representante le ayudará.

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### Tiếng Việt

Nếu quý vị không nói và/hoặc đọc Tiếng Anh, vui lòng gọi **1-800-408-7511 (TTY 1-800-570-1190)**, 24 giờ một ngày, bảy ngày một tuần. Sẽ có người đại diện hỗ trợ quý vị.

### 繁體中文

如果您不會講或讀英文，請致電 **1-800-408-7511 (TTY 1-800-570-1190)**，此電話每天 24 小時，每週 7 天開通。您將得到一位服務代表的協助。

### 한국어

영어를 말하거나 읽지 못하는 경우, 365일 24시간 이용 가능한 **1-800-408-7511 (TTY 1-800-570-1190)**번으로 전화하십시오. 직원이 도와드릴 것입니다.

### Français:

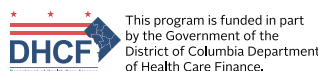
Si vous ne parlez, ni ne lisez anglais, veuillez appeler au numéro **1-800-408-7511 (TTY 1-800-570-1190)**, disponible 24 heures sur 24, 7 jours sur 7. Un représentant pourra vous aider.



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[www.amerihealthcaritasdc.com](http://www.amerihealthcaritasdc.com)



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