



County of San Diego

## Your Children Need You to Keep Them Healthy

Health checkups are important.

Ongoing healthcare is also important for your child.

**Apply for No-/Low-Cost Health Coverage**



**San Diego Kids Health Assurance Network**

(SD-KHAN)

Call us at:

**1-800-675-2229**

SD-KHAN is a free referral service for families who need help finding and applying for continuing no-/low-cost medical and dental coverage, including Medi-Cal and Healthy Families, for their children and youth.

**Cost ranges from \$0-\$15 per child per month depending on your income, family size, and the plan you choose.**

*County of San Diego Health and Human Services Agency  
Maternal, Child and Family Health Services  
P.O. Box 85222, MS: P511H  
San Diego, CA 92186-5222  
**1-800-675-2229***

# No Cost Health Checkups for Children and Teens



## CHDP

**Child Health and Disability  
Prevention Program provides  
no-cost health checkups and, in  
some cases, medical treatment.**

**1-800-675-2229**

### **Why should your child have health checkups?**

Whether your child is a newborn or a teenager, he or she needs regular health checkups. Checkups can keep your child well by finding problems you may not see. When problems are found early and treated, more serious problems can be prevented later in life.

Your child can get these checkups at *no cost to you* if your family is eligible for the Child Health and Disability Prevention (CHDP) Program.



### **Who can get a CHDP checkup?**

**Your child can get a CHDP health checkup at no cost if he or she:**

- ✓ Is under the age of 21 and has Medi-Cal
- ✓ Is under the age of 19 and from a low-income family (You can find out if your family meets the income requirement by calling CHDP)
- ✓ Attends Head Start or State Preschool
- ✓ Is a child in Foster Care

### **When does your child need health checkups?**

Children and teens need to be checked regularly. Also, your child *must* have a checkup to enter first grade. Other activities like playing school sports and going to camp may also require health checkups.

Always ask your CHDP doctor or nurse when your child should come back for the next checkup.

### **What happens during a health checkup?**

**During a CHDP health checkup, the doctor or nurse will:**

- ◆ Ask questions about your child's growth, development, and health history
- ◆ Check your child from head to toe
- ◆ Review your child's eating and dental habits

**Depending on your child's age, the doctor or nurse may also:**

- ◆ Test your child's hearing and vision
- ◆ Give immunizations
- ◆ Test for tuberculosis
- ◆ Do blood, urine, and other tests as needed

Then, the doctor or nurse will explain the results of your child's health checkup and answer any of your questions.

### **How do you get a CHDP health checkup?**

- )] Call **1-800-675-2229** for the name of a CHDP doctor or clinic near your home. If you already have a doctor, ask if he or she provides CHDP health checkups.
- )] Call the doctor's office or clinic to make an appointment. *Tell them it is for a CHDP exam.* You will need to fill out a form when you get to the office.

### **Before your appointment:**

- ◆ Make a list of any questions you may have about your child's health
- ◆ If you have Medi-Cal, take your card
- ◆ Take any school or sports forms that need to be filled out
- ◆ Take immunization records