

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.

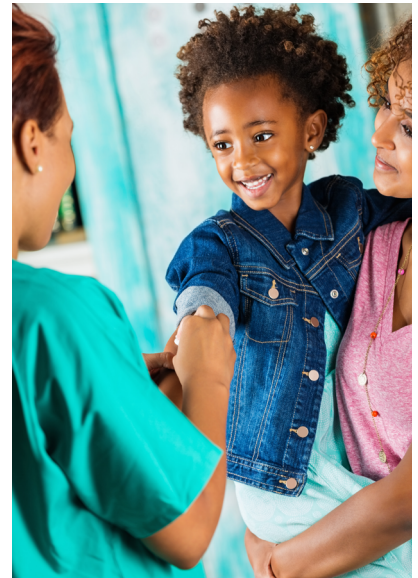
How do I make sure my child gets HealthCheck services?

- 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	
Birth	<ul style="list-style-type: none">• HepB #1• Newborn metabolic/hemoglobin screening	
2 months	<ul style="list-style-type: none">• HepB #2• DTaP #1• RV #1	<ul style="list-style-type: none">• Hib #1• PCV #1• IPV #1
4 months	<ul style="list-style-type: none">• DTaP #2• RV #2• Hib #2	<ul style="list-style-type: none">• PCV#2• IPV #2
6 months	<ul style="list-style-type: none">• HepB #3• Hib #3• DTaP #3	<ul style="list-style-type: none">• RV #3• PCV #3• IPV#3
12 months	<ul style="list-style-type: none">• Hib #4• MMR #1• Varicella #1• PCV #4• HepA #1• Lead screen	<ul style="list-style-type: none">• Hemoglobin/hematocrit• Tuberculosis test if at risk• Dental screen
15 months	Varicella #2 (second dose may be given at age 4)	
18 months	Hep A #2	
24 months	Lead screen	
Every year	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, including sex characteristics, including intersex traits; pregnancy or related conditions; sexual orientation; gender identity, and sex stereotypes (consistent with the scope of sex discrimination described at 45 CFR § 92.101(a)(2)). AmeriHealth Caritas District of Columbia does not exclude people or treat them less favorably because of race, color, national origin, age, disability, or sex.

AmeriHealth Caritas District of Columbia:

- Provides free aids and services for people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free (no-cost) language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact AmeriHealth Caritas District of Columbia at **1-800-408-7511** (TTY/TDD **202-216-9885** or **1-800-570-1190**). We are available 24 hours a day.

If you believe that AmeriHealth Caritas District of Columbia has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with Enrollee Services in the following ways:

- By phone at **202-408-4720** or toll-free at **1-800-408-7511**
- In writing by fax at **202-408-8682**
- By mail at AmeriHealth Caritas District of Columbia, Enrollee Services Grievance Department, 200 Stevens Drive, Philadelphia, PA 19113

If you need help filing a grievance, AmeriHealth Caritas District of Columbia Enrollee Services is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, DC 20201

1-800-368-1019 (TTY/TDD 1-800-537-7697)

Complaint forms are available at www.hhs.gov/ocr/office/file/index.html.



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.

Tiếng Việt: Nếu quý vị không nói và/hoặc đọc Tiếng Anh, vui lòng gọi **1-800-408-7511 (TTY 1-800-570-1190)**, hoạt động 24 giờ một ngày, 7 ngày một tuần. Sẽ có người đại diện hỗ trợ quý vị.

한국어: 영어를 말하거나 읽지 못하는 경우 **1-800-408-7511 (TTY 1-800-570-1190)**로 전화해주십시오. 연중무휴 24시간 이용 가능합니다. 담당자가 도와드릴 것입니다.

Français : Si vous n'avez pas une bonne maîtrise de l'anglais parlé et/ou écrit, veuillez appeler le **1-800-408-7511 (TTY 1-800-570-1190)**, disponible 24 heures sur 24, sept jours sur sept. Un représentant vous assistera.

العربية: إذا كنت لا تتحدث و/أو تقرأ اللغة الإنجليزية، يرجى الاتصال على **1-800-408-7511 (الهاتف النصي 1-800-570-1190)**، وهو متاح على مدار ساعة وطوال أيام الأسبوع. سوف يساعدك ممثل.

中文普通话: 如果您不会用英语讲话和/或阅读, 请致电 **1-800-408-7511 (TTY 1-800-570-1190)**, 每周 7 天, 每天 24 小时开通。将会有一名代表协助您。

Русский: Если вы не говорите и/или не читаете по-английски, позвоните по телефону **1-800-408-7511 (TTY 1-800-570-1190)**, который доступен 24 часа в сутки, семь дней в неделю. Представитель вам поможет.

မြန်မာ - အကယ်၍ သင် အင်္ဂလိပ်စကား ပြောဆိုခြင်း နှင့် /သို့မဟုတ် ဖတ်ရှုနိုင်ခြင်း မရှိလျှင် ကျေးဇူးပြုပြီး တစ်ပတ် ခန့်ရက်၊ တစ်ရက်လျှင် 24 နာရီ အချိန်ပြည့် ဆက်သွယ်နိုင်သည့် 1-800-408-7511 (TTY 1-800-570-1190) သို့ ခေါ်ဆိုပါ။ ကိုယ်စားလှယ်တစ်ဦးမှ သင့်အား ကူညီထောက်ပံ့ပေးသွားမည် ဖြစ်သည်။

中文廣東話: 如果您唔識講, 並且或者唔識睇英文, 請致電 **1-800-408-7511 (TTY 1-800-570-1190)**, 每星期 7 日, 每日 24 小時開通。客服專員將會協助您。

فارسی: اگر قادر به صحبت و یا خواندن به زبان انگلیسی نیستید، لطفاً با شماره **1-800-408-7511 (TTY 1-800-570-1190)** که 24 ساعت شبانه روز و هفت روز هفته در دسترس می باشد تماس بگیرید. یک نماینده به شما کمک خواهد کرد

Polski: Jeśli nie mówisz i / lub nie czytasz po angielsku, zadzwoń pod numer **1-800-408-7511 (TTY 1-800-570-1190)**, dostępny 24 godziny na dobę, siedem dni w tygodniu. Przedstawiciel Państwu pomoże.

Português: Se você não fala e/ou lê Inglês, por favor ligue para **1-800-408-7511 (TTY 1-800-570-1190)**, disponível 24 horas por dia, sete dias por semana. Um intérprete irá ajudá-lo.

ਪੰਜਾਬੀ: ਜੇ ਤੁਸੀਂ ਹਿੰਦੀ ਬੋਲਦੇ ਅਤੇ / ਜਾਂ ਪੜ੍ਹਦੇ ਨਹੀਂ, ਕਿਰਪਾ ਕਰਕੇ **1-800-408-7511 (TTY 1-800-570-1190)** 'ਤੇ ਕਾਲ ਕਰੋ, ਦਿਨ ਦੇ 24 ਘੰਟੇ, ਹਫ਼ਤੇ ਦੇ ਸੱਤ ਦਿਨ ਉਪਲਬਧ। ਇਕ ਪ੍ਰਤਿਨਿਧੀ ਤੁਹਾਡੀ ਸਹਾਇਤਾ ਕਰੇਗਾ।

Kreyòl Ayisyen: Si ou pa pale ak/oswa li anglè, tanpri rele **1-800-408-7511 (TTY 1-800-570-1190)**, disponib 24 èdtan pa jou, sèt jou pa semèn. Yon reprezantan pral ede ou.

हिन्दी: अगर आप हिन्दी बोलते और / या पढ़ते नहीं, कृपया **1-800-408-7511 (TTY 1-800-570-1190)** पर कॉल करें, दिन के 24 घंटे, सप्ताह के सात दिन उपलब्ध। एक प्रतिनिधि आपकी सहायता करेगा।

Soomaali: Haddii aanad ku hadlin iyo/ama akhriyin Ingiriisiga, fadlan soo wac **1-800-408-7511 (TTY 1-800-570-1190)**, oo la heli karo 24 saacadood maalintii, todoba maalmood todobaadkii. Wakiilku wuu ku caawin karaa adiga.

Hmoob: Yog tias koj hais tsis tau thiab/los sis nyeem tsis tau ntawv As Kiv, thov hu rau tus xov tooj **1-800-408-7511 (TTY 1-800-570-1190)**, qhib 24 teev rau ib hnub, xya hnub rau ib vij. Tus sawv cev yuav pab koj.

Italiano: Se non parla e/o non sa leggere l'inglese, la preghiamo di chiamare l'**1-800-408-7511 (TTY 1-800-570-1190)**, disponibile 24 ore su 24, sette giorni su sette. Le verrà prestata assistenza da un rappresentante.

Tagalog: Kung hindi ka nagsasalita at/o nagbabasa ng Ingles, pakitawagan ang **1-800-408-7511 (TTY 1-800-570-1190)**, na matatawagan nang 24 na oras sa isang araw, pitong araw sa isang linggo. Tutulungan ka ng isang representative.

日本語: 英語での会話や読解が不安な場合は、24時間年中無休対応の**1-800-408-7511 (TTY 1-800-570-1190)** までお電話ください。担当者がサポートいたします。



AmeriHealth Caritas

District of Columbia

www.amerihealthcaritasdc.com

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This program is brought to you by the Government of the District of Columbia Department of Health Care Finance



GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR