

# The Importance of Health in Foster Care

Regular health/dental checkups can keep children healthy and are an important part of the care you give your foster child. Health/Dental checkups can also find and treat problems before they become serious.

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35% of children and teens who enter foster care have significant oral and dental health problems.  
-American Academy of Pediatrics

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All children with Medi-Cal (up to 21 years old) can receive regular and comprehensive health and dental exams to prevent and identify health issues.

*Health and dental checkups are given at no cost\** because your foster child is covered by Medi-Cal.

*\*See your foster care social worker for details on your child's health care coverage.*



## Have Any Questions?

For more information on Foster Care:

Kings County Human Services Agency  
Child Welfare Services  
1400 W. Lacey Blvd. Bldg. 8  
Hanford, CA 93230  
(559) 584-1401  
Ask for the Foster Care Nurse

For more information on child health exams, contact the child's medical provider.

A list of medical pediatric medical providers is available. Ask your social worker for a copy or visit our website at [www.kcdph.com/hcpcfc](http://www.kcdph.com/hcpcfc).

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## Health/Dental Checkups for Children in Foster Care



Available for ages 0 to 21 years old



Checkups available free of charge with your foster child's Medi-Cal card!

## What does a checkup include?

A checkup is more than just a booster shot. Checkups monitor a child's growth and health milestones. This includes\*:

- Development and health history
- Head-to-toe physical exam
- Recording height and weight
- Reviewing eating and dental habits
- Hearing and vision testing
- Immunizations
- Testing (blood, urine, TB)
- Review of checkup results with doctor

If tests show a need for further testing and treatment, it is important to work with your doctor and follow the medical advice given.

### Special Note: Dental Exams

Dental exams are recommended at 6 months or at the sight of the first tooth. Children are required to have a dental exam completed by age 1. Denti-Cal will cover an exam, cleaning, and fluoride every 6 months (based on provider's availability and patient need).

\*This does not include sick visits and sports physicals.

## How often should my foster child have a checkup?

The amount of checkups vary from year to year.

6 checkups are recommended from 0-12 months.

Appointment	Age:	Next checkup in:
<input type="checkbox"/> 1	3-5 Days	< 1 Month
<input type="checkbox"/> 2	1 Month	1 Month
<input type="checkbox"/> 3	2 Months	2 Months
<input type="checkbox"/> 4	4 Months	2 Months
<input type="checkbox"/> 5	6 Months	3 Months
<input type="checkbox"/> 6	9 Months	3 Months

5 checkups are recommended from 12-36 months.

Appointment	Age:	Next checkup in:
<input type="checkbox"/> 1	12 Months	3 Months
<input type="checkbox"/> 2	15 Months	3 Months
<input type="checkbox"/> 3	18 Months	6 Months
<input type="checkbox"/> 4	24 Months	6 Months
<input type="checkbox"/> 5	30 Months	6 Months



Annual checkups are recommended from ages 3-19 years old.

## What do I do?

### Make the Appointment

Contact the child's provider. They are the best person to give the checkup.

If you need assistance finding a provider that accepts Medi-Cal for your foster child, contact your social worker for a list of providers.



### Before the Appointment

Be sure to gather all items to take to your foster child's appointment:

- Child's Medi-Cal card
- Child's Health & Education Passport
- Child's immunization (shots) record

Tip: For every appointment, bring a list of questions and concerns to discuss with the doctor.

### After the Appointment

Don't forget to ask for a visit summary or have a Health Encounter Form completed for your records and to provide to your social worker.

Confirm follow up appointment date/time and how to reschedule if needed.