

Well Child Exams



Well child exams help you keep your child healthy. Regular check-ups help parents keep track of their child's growth. They also increase the chances that health problems are found early. Here are a few things you should know about these periodic exams:

- They are **free for children from Medicaid-eligible families** until the age of 21 under the Early Periodic Screening Diagnosis & Treatment Program (EPSDT).
- They fulfill the physical exam requirements for school and camp activities (be sure to request a physical when making your appointment and bring the forms to the exam).
- They are available from your health care provider, clinic and some public health centers.

Comprehensive preventative exams include:

- Height and weight measurement
- Vision, hearing, and dental screening
- Lab tests
- Immunizations/shots
- Growth and development assessment
- Time for parents, children and teens to have questions answered
- Age-related information about normal development, food, health, and safety
- Referrals for dental care, vision exams, and WIC (a supplemental nutrition program) depending on your child's age.

Children and teens need to have a well child exam at the following ages:

- Birth, 1, 2, 4, 6, 9, 12, 15, 18, 24, 30 months
- Every year starting at age 3

What about vision and dental care?

Well Child Exams include basic dental and vision assessments, but you should take your child to a dentist every year starting at age 3, or earlier if necessary. Make sure you also take your child to a vision specialist starting at age 3 (earlier as advised or needed) and at ages 4, 5, 6, 8, 10, 12, 15, and 18.

Medicaid recipients

Need help finding a health care provider? Or making an appointment? Call the Medicaid Recipient Information Helpline: 1-800-780-9972

Need help finding local transportation? Call EPSDT travel within the Division of Health Care Services:

Anchorage residents: (907) 269-4575

Elsewhere in Alaska: 1 (888) 276-0606



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