



Health Check

Helping North Carolina’s Children Grow Up Healthy

Keeping your children healthy is important to you. That’s why we want you to know about Health Check. It allows your children to see their doctors regularly.

Health Check visits, also known as well child visits, include tests and checkups. They can find things that could affect your child’s ability to grow and learn in school. Health Check also includes follow-up care. These services are covered at no cost to you. They are part of your benefits with WellCare of North Carolina. Your child should have regular Health Check screenings to make sure your child stays healthy.

Health Check visits can make sure children from birth to age 21 are on track in these areas:

- | | | | |
|---|-------------|---|----------------|
|  | Dental |  | Mental health |
|  | Development |  | Healthy foods |
|  | Hearing |  | Healthy living |
|  | Shots |  | Physical exams |
|  | Lab tests |  | Vision |



Your Child's Health Journey Starts Now!

Health Check connects children with EPSDT services.

What is EPSDT?

It stands for:

- E: Early** – To find issues soon
- P: Periodic** – To make sure children see a doctor regularly
- S: Screening** – To check for any problems
- D: Diagnostic** – To test for children's health
- T: Treatment** – To care for any needs

Why are Health Check visits important?

Seeing the doctor regularly gives your child an early start on the road to good health in these ways:

- Helping the doctor get to know your child
- Making sure your child has what he or she needs to learn and grow
- Helping your child have a healthy smile and eyesight

Where do I start?

We're here for you. If you need help to make an appointment with your child's doctor, contact us and we can:

- Find a doctor, dentist or optometrist
- Set a Health Check appointment
- Help if you need a ride to the appointment
- Answer your questions about Health Check
- Help you find resources that your family needs

Please contact us to help you get your Health Check care:

- Member Services department: **1-866-799-5318** (TTY 711)
- Community Connections Help Line:
1-866-775-2192 (TTY 711)
- Behavioral Health Crisis Line: **1-833-207-4240**
- Nurse Line: **1-800-919-8807** (TTY 711)



When Should My Child Get Health Check Visits?

- Taking your child to Health Check screenings is one of the best things you can do for your child's health.

Use this handy schedule to plan visits.

		
Babies need checkups at:	Toddlers need checkups at:	Young children need checkups at:
• 1 week • 1 month • 2 months • 4 months • 6 months • 9 months • 12 months	• 15 months • 18 months • 24 months • 30 months	• 3 years • 4 years • 5 years • 6 years

Older children, teenagers and adults 21 years and younger need a checkup every year.



Dental and vision checkups are important for your child's health. You can schedule them without a referral from your child's primary care doctor.

What happens after your child gets a Health Check?

Your child's doctor will help you understand results and next steps. If you do not understand something, feel free to ask questions.

Here's what could happen if the doctor finds a need for follow-up care:

- **For some follow-up needs**, the doctor will give your child treatment or refer your child to a specialist for help
- **For vision needs**, your child may see an eye doctor and get glasses
- **For hearing needs**, your child may see a specialist and get hearing aids
- **For oral health needs**, your child may see a dentist

Sometimes you will need a doctor's referral or the plan's approval before seeing a specialist. Also, remember to see a provider in the plan's network. Check your member handbook or call the Member Services department for details.

Health Check visits can find small issues before they become big. And if something is found, needed follow-up care and referrals are covered. Your Provider office may reach out to help get the follow-up care your child needs including unmet health-related resource needs.

WellCare of North Carolina complies with applicable federal civil rights laws and does not discriminate based on race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender identity or expression, or sexual orientation.

If English is not your first language, we can help. Call **1-866-799-5318** (TTY: 711). You can ask us for the information in this material in your language. We have access to interpreter services and can help answer your questions in your language. You can get this material and other plan information in large print for free. To get materials in large print, call Member Services at **1-866-799-5318**.

Spanish: Si el inglés no es su lengua materna, podemos ayudarle. Llame al **1-866-799-5318** (TTY: 711). Puede solicitarnos la información en este material en su idioma. Tenemos acceso a servicios de intérpretes que pueden ayudarle a responder preguntas en su idioma. Usted puede obtener este material y otra información del plan en letra de imprenta grande gratis. Para obtener materiales en letra de imprenta grande, llame a Servicios a Miembros al **1-866-799-5318**.

Chinese: 如果英語不是您的第一語言，我們可以提供幫助。請致電 **1-866-799-5318** (TTY: 711)。您可以 用 您的語言向我們詢問此材料中的訊息。我們可以使用口譯服務，並用您的語言幫助回答您的問題。您可以大字體免費獲得此材料以及其他計劃資訊。如需以大字體獲得材料，請致電會員服務 **1-866-799-5318**。



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