

Your foster child's health exam will include:

- ◆ A growth, development and health history
- ◆ A head to toe physical
- ◆ A record of height and weight
- ◆ A review of eating and dental habits
- ◆ Hearing and vision testing
- ◆ Necessary immunizations against diseases will be given as needed
- ◆ Check for tuberculosis
- ◆ Blood and urine tests
- ◆ Answers to your questions and an explanation of the results of the health check-up.

It is important to follow all the medical advice given to you by the health provider.

Please take your child to all recommended appointments.

Call your social worker/case manager if you can't make an appointment.

To receive assistance in scheduling appointments, or for questions about your foster children's health, call:

**Solano County Foster Care  
Public Health Nurses (PHN):**

**(707) 784-8168 M-F**

**For Medically Fragile Foster  
Children, call:**

**(707)-784-8498**

**Fax Health Forms to:**

**(707) 784-8480**

Or

**[FCPHN@solanocounty.com](mailto:FCPHN@solanocounty.com)**

**To reach Medi-Cal Member  
Services Call:**

**Phone: (800) 863-4155**

**Fax: (707) 863-4415**

**To reach Denti-Cal Member  
Services Call:**

**(800) 322-6384**



# **CHDP Physical & Dental Exams For Children in Foster Care**



County of Solano  
Child Health and Disability  
Prevention Program (CHDP)  
Foster Care Program

Health & Social Services Department  
Public Health Division  
(Revised 10/01/19)

## Foster Care Health Exams

Regular check-ups are an important part of the care you give your foster child. Often, foster children have had little or no health care. They may have more health problems than other children. Frequently, they have problems you cannot see.

A health problem found and treated at an early age is easier to correct, saves on medical costs, and may prevent serious problems later on.

These “well-child” check-ups are given at no cost to you because your foster child is in the Medi-cal program.



## Frequent Exams Are Important

*Every child needs a medical and dental exam within **30 days of placement** and thereafter. Take your child for a check-up at each of the following ages.*

### **MEDICAL**

**INFANCY:** newborn-9 months

- 1-5 days after birth
- By 1 month
- 2 months
- 4 months
- 6 months
- 9 months

**EARLY CHILDHOOD:** 12 months-4 years

- 12 months
- 15 months
- 18 months (1.5 years)
- 24 months (2 years)
- 30 months (2.5 years)
- 3 years
- 4 years

**MIDDLE CHILDHOOD:** 5 years-10 years

- Every year

**ADOLESCENCE:** 11 years-21 years

- Every year

### **DENTAL**

Dental Exams begin **at age 1.**

- **Every 6 months, or earlier if a problem exists**

## For an appointment:

- *Call the child’s doctor or dentist.*
- *For assistance in scheduling appointments, call the Foster Care Public Health Nurse at **707-784-8168.***
- *Please bring the health contact form to all appointments (including medical, dental or specialty visits) for the medical provider to complete.*

### **Remember to bring:**

*At the time of the appointment, please be sure to bring the following items for your foster child:*

- ✓ *Health contact forms*
- ✓ *Immunization (shot) records*
- ✓ *Medi-Cal/Denti-cal card or Partnership Health Plan of California card, if appropriate*
- ✓ *Any available health records*
- ✓ *List of questions and concerns*
- ✓ *Health & Education Passport (this is medical, dental and educational information about your child)*