

What happens at a well child visit with the PCP?

- A complete physical, which is a check of your child's body.
- A check of how your child is growing and developing for his or her age, like:
 - ✓ Rolling over as a baby
 - ✓ Talking as a toddler
 - ✓ Making friends at school
 - ✓ Learning safe behaviors as a teenager
 - ✓ Doing other things that children of the same age do

At some Well Child Visits your child will get:

- Shots
- Lead poisoning check
- Vision and hearing tests
- Oral health risk assessment and fluoride varnish



You can ask your PCP or dentist all the questions you have about your child's growth and health at the well child visit.

What if I feel that my child needs mental health services?

If you are worried about your child's mental health or behavior, you may be able to get help such as in-home care or counseling. Talk to your child's PCP.



For more information, see the Office of Children and Family Services webpage at this link:

<http://www.maine.gov/dhhs/ocfs/cbhs/index.shtml>

You can also contact Judy Demerchant of the Office of Children and Family Services with questions.

Email: Judy.Demerchant@maine.gov

Phone: 1-800-432-7366 or (207) 493-4135

TTY users dial 711



Well Child Visits

Catch your child's illness, disease, or injury early, when it is easier to fix!



Well child visits are for children under age 21.

**Call MaineCare Member Services
Toll Free at: 1-800-977-6740
TTY dial: 711 for Maine Relay**

**Monday through Friday,
7 a.m. to 6 p.m.**

What is a well child visit?

It is a visit to your child's Primary Care Provider (PCP) or a dentist, based on a set schedule of ages. Your child visits the PCP to make sure he or she is healthy and developing well.

Why should I take my child for well child visits?

- It's the best way to catch health and dental problems early, when they are easier to fix.
- You will learn more about how to keep your child healthy.
- You and your child will get to know your PCP and dentist.

How do I get these services for my child?

Call your child's PCP or dentist to make appointments for well child visits. Sometimes it takes many months to get appointments, so be sure to call early.

It may be hard to find a PCP or dentist. MaineCare Member Services can help.

For help, call MaineCare Member Services
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What happens at a well child visit to a dentist?

Your child's teeth and gums will be checked to make sure they are healthy.

Your child should go to the dentist for well child visits starting by age one (1) or younger.



MaineCare may pay for the following for your child:

- Teeth cleanings and routine check-ups two times a year
- X-rays and fillings
- Fluoride treatments
- Other care the dentist says is necessary

Call Member Services if you need help:

- Making appointments for well child visits
- Setting up rides to get to well child visits
- Getting answers to your questions or concerns

What can the Early, Periodic, Screening, Diagnosis, and Treatment (EPSDT) Program do for my child?

The EPSDT program provides preventive care to children with MaineCare who are under 21 years old. Preventative care helps to catch and treat disease or ill health early, when it is easier to treat. The EPSDT program focuses on care for the physical, oral, and mental or behavioral health of the child. This program can pay for medically necessary services or equipment that are not listed in the MaineCare policy if needed to prevent illness or injury to a child.

Examples of how the EPSDT program may help my child:

- Paying for a helmet for a child who has seizures can prevent a head injury
- Paying for vitamin D for a child with low levels of vitamin D may prevent bone issues later in life

Call MaineCare Member Services if you have questions about what is covered by the EPSDT program.

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