

You can't see or feel many illnesses and life-threatening problems, like heart defects, lead poisoning, or hearing and vision problems.

You can help to keep your children, your grandchildren, your children in foster care, or yourself healthy by catching problems early before getting really sick later.

Call your doctor TODAY to make an appointment for a free check-up. Your doctor will let you know how often you need to come in for a health check-up.

Check-ups include:

- Physical Exam
- Shots (Immunizations)
- Blood Lead Testing
- Growth and Developmental Checks
- Behavioral Health/Autism Checks
- Hearing and Vision Checks
- Dental Check-ups
- Referrals for medically necessary treatment and personal care services as needed



Please call your health care provider to make an appointment for a health or dental check-up.

Make that date for good health sake!

Spanish	ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-642-3195 (TTY 866-501-5656).
Arabic	ملحوظة: إذا كنت تتحدث انكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-642-3195 (رقم هاتف الصم والبكم: 866-501-5656).



The Michigan Department of Health and Human Services (MDHHS) does not discriminate against any individual or group because of race, religion, age, national origin, color, height, weight, marital status, genetic information, sex, sexual orientation, gender identity or expression, political beliefs or disability.

90,000 printed at 2.0 cents each with a total cost of \$2,301.00
Revised 10/19 MDHHS PUB-1779

MICHIGAN FREE Health Check-ups



Make that **DATE** for good health sake!



DON'T DELAY – call your health care provider and...

Make that
DATE
for good health sake!

What are Health Check-ups?

Children need to have regular health check-ups. A health check-up includes exams and tests that may not be done when you go to the doctor because you are sick or don't feel good.

The exams and tests may find problems that you do not know about. Catching problems early can help you or your child from getting really sick later.

You need to make a separate appointment to give your doctor extra time to do a health check-up.

What are Dental Check-ups?

“Dental check-ups” are visits to the dental office when you are not having a toothache or pain. Tooth exams, teeth cleaning and x-rays are done to find any problems early and to help keep your teeth healthy.

Children need a dental check-up after they get their first tooth or no later than age one. After the first check-up, the dental team will tell you how often your child should have a dental check-up and if there is any special care you need to do at home.

Schedule a **FREE** health check-up so you can know about the problems – from heart defects to lead poisoning and more – before you or your child feels sick or develops a serious complication.

Medicaid or MICHild pays for you or your child to get **FREE** health and dental check-ups, from birth to age 21 for Medicaid, or to age 19 for MICHild.

Call your health and dental provider **TODAY** to make an appointment for a **FREE** health or dental check-up. Find out if you have any problems – from heart defects to lead poisoning and more – before you or your child feels sick or has serious problems.

If medically necessary, a doctor may refer you for treatment, such as physical therapy, to help you get better or to help you stay healthy.

What If I Don't Have Any Way to Get to the Health or Dental Check-up?

Medicaid or MICHild can help you get a ride to your health or dental check-up if you do not have any other way to get there.

Contact your health plan for help getting a ride for medical appointments. If you do not belong to a health plan, or for dental appointments, contact your local Michigan Department of Health and Human Services (MDHHS) office.

You need to call your health plan or MDHHS before you need a ride to find out if you qualify.