



CHEC

Child Health Evaluation and Care



UTAH DEPARTMENT OF
HEALTH
MEDICAID



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Child Health Evaluation and Care

Child Health Evaluation and Care (CHEC) is the name of Utah Medicaid for children. Medicaid considers people from birth through age 20 a child, when they have Traditional Medicaid.

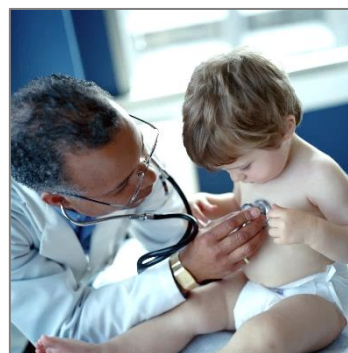
CHEC benefits can help you keep your child healthy.

To help your child stay healthy, CHEC offers:

- Well-child visits
- Immunizations (shots)
- Vision tests, hearing tests and dental visits
- Local Health Department nurses who help you understand how important CHEC visits are and can help schedule the visits
- Medically necessary services that are not always paid by Medicaid

A CHEC well-child visit includes the following:

- Head to toe exam
- Shots
- Complete health and history of their development
- Evaluation of physical and mental health
- Lab services including required lead screening
- Vision, hearing and dental services
- Health education and helpful advice



It is Important for Your Child to Have Well-Child Visits

Your child has a better chance of staying healthy with regular check-ups. The check-ups start at birth. When your child sees their doctor, you know they are on track for healthy growth. If the doctor finds a concern, CHEC can help your child get the right help early. Getting help early is important.

A CHEC well-child visit also gives you the chance to ask the doctor any questions or concerns you have about how your child is growing.

CHEC services give your child a better chance to stay healthy. Healthy children are more likely to stay healthy. They have fewer health costs. Healthy children miss less school and their parents miss less work.

When your child is healthy, you save yourself and your family, time and worry.

Remember to ask for a CHEC exam every time you schedule a well-child check-up.

When to Have a Well-Child Visit

Utah follows the American Academy of Pediatrician’s (AAP) schedule. We ask you to get well-child visits at the following ages:

Stage	Ages						
Infancy	3 to 5 days after birth	1 month	2 months	4 months	6 months	9 months	12 months
Early Childhood	15 months	18 months	24 months	3 years	4 years		
Middle to late childhood	5 years	6 years	8 years	10 years			
Adolescence	Every year from 11 through 20						

Create a Medical Home for your child

Every child needs a medical home. A medical home is when you, your family and your child’s doctor work together as partners in your child’s medical care. When your child has one doctor who knows them, they have a medical home. This is the best way to make sure your child gets the health care they need.

You support your child’s medical home when you:

- Find a doctor who sees your child regularly (it is best to stay with the same doctor who knows your child)
- Tell the doctor what you know about your child
- Listen to what the doctor has to say
- Ask questions when you do not understand what the doctor is saying
- Be sure the doctor understands you

Autism Spectrum Disorder (ASD) Related Service

ASD related services are only available under the CHEC program. ASD related services might include:

- Diagnostic assessments and evaluations
- Therapies such as physical therapy, occupational or speech therapy
- Services that use principles of applied behavior analysis (ABA)

In order to receive ABA services, members with CHEC must have a valid ASD diagnosis.

To see the Autism Spectrum Disorder manual and for more information about ASD related services go online medicaid.utah.gov/Utah-medicaid-official-publications

Immunizations (Shots)

When you get your child immunized, you protect them from deadly and disabling diseases. You also protect other children from these diseases. Getting the recommended shots is part of a well-child visit. Your child's doctor will tell you which shots your child needs. Most doctors will be able to give your child this important preventive health benefit.

Laboratory Tests

Lab tests are part of a CHEC visit. They show if your child is healthy or at risk for serious problems. These tests may include:

- Heel-stick or PKU: shows if a new baby has a problem that can cause mental handicaps
- Finger-stick: tells if a baby has enough iron in their blood
- TB test: shows exposure to tuberculosis
- Urine: shows if there is a kidney problem or a chance of diabetes
- Blood Lead Screening: shows if there is lead in their blood



Lead poisoning is preventable. A simple blood test at a regular CHEC visit is *very* important. Medicaid wants every child to have a blood lead test at age one and at age two. Any child under age six who has not had a blood lead test should get one. If the test shows your child has lead poisoning, the doctor can treat it right away.

Even a low level of lead in a small child's blood causes serious problems. A small amount of lead in your child's blood can:

- Slow down a child's growth
- Cause hearing problems
- Affect how a child acts and behaves
- Slow down brain development and cause learning problems

Higher lead levels can damage a child's kidneys, cause seizures, coma, or even death.

Some things around the house that you may not think are dangerous are:

- Lead fishing sinkers
- Lead-based paint in an older house
- Lead shot

A young child might chew on chips of paint, suck on lead sinkers, and drink from unglazed pottery. They may also eat sand or dirt with tiny bits of lead. Check your home for these and other lead hazards.

Oral Health and Dental Services

A child should go to a dentist by their first birthday. The dentist will tell you when to bring your child back for a checkup. Sometimes it is not easy to find a dentist who will see a small child unless they have a dental problem. Your child may have to wait until age three for regular checkups.

At the dental exam, the dentist:

- Cleans and checks the teeth
- Fixes dental problems
- Gives fluoride treatments
- May apply sealants
- Teaches good tooth and mouth care

Hearing and Vision Services

If your child has eye or hearing problems that the doctor cannot treat, the doctor may ask you to take your child to an eye or ear specialist. The specialist will help know how to help your child.

Children with Special Needs or Needing Special Services

Some children have special health care needs. The need could be a physical, mental, or emotional disability or a long-term illness.

Often CHEC can cover these special needs. Any special service, treatment, or equipment must be “medically necessary.”

Examples of medical needs are:

- Glasses
- Hearing aids
- Therapy (speech, physical, occupational or counseling)
- Assistive technology such as a special wheelchair or a tool to make eating or dressing easier



Your child’s doctor may be able to work with Medicaid to find a way to meet your child’s special needs.

A CHEC visit helps you learn more about what your child needs. It is a chance for you to talk to the doctor and to be involved in decisions about care and treatment.

Making a CHEC Appointment

Call your child's doctor, dental office, or clinic and ask to make an appointment for a well-child exam. Take your child's Medicaid card. Do not go for an exam without an appointment.

Outreach and Education

Local public health offices work with Medicaid. Public health nurses make home visits. They let families know when a child needs or is past due for a well-child or dental exam. You may receive a call, letter, or home visit from your public health office to remind you to make an appointment.

The public health office can help you schedule an appointment. They can also help answer questions about CHEC. The phone calls and letters are to help you remember to get important CHEC services for your child.

Transportation for CHEC appointments

Medicaid can help you get your child to CHEC well child and dental visits. Call 1-866-608-9422 for more information.

