



Strong and healthy

Check in with your child's doctor for health and wellness visits

AetnaBetterHealth.com/Illinois-Medicaid



Aetna Better Health® of Illinois

Easily keep track of your family's health

It can be challenging to stay on top of your family's health and know when to see the doctor for preventive care. But we're here to help.

In this packet, you'll get useful information about many preventive health programs available through the Early and Periodic Screening, Diagnostic and Treatment program, or EPSDT.

You'll learn:

- When to take your child for a wellness visit
- What to expect at their checkup
- Why vaccines are important
- When to get vision and hearing screenings
- How to care for their dental health, and more

These preventive services are already included in your plan at no extra cost. Once your child is signed up in the Medicaid program, they can get these EPSDT services.



What is EPSDT?

EPSDT is one of the largest preventive health programs for Medicaid members under 21 years of age.

It covers all preventive health wellness visits at no cost to you. The program also covers the cost of treating any concerns or conditions that your doctor may find during a wellness visit.

Why these visits are important

It's important for children to visit their doctor regularly — not just when they're sick.

Keep in mind:

- Younger children need more wellness visits than adults do. This helps ensure they're growing properly.
- Babies need to see their doctor at least 8 times before turning 15 months of age.
- A checkup allows the doctor to examine physical and mental development.
- Some health concerns can go unnoticed in children. But regular checkups can help the doctor find any problems early, when they're easier to treat.

How often should my child visit the doctor?

The American Academy of Pediatrics recommends that children visit their doctor at the ages below. You can also talk to your doctor about how often your child should have a checkup.

- Newborn before leaving the hospital
- 3–5 days
- Before or at 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- 30 months
- 3 years–20 years every year



What to expect

The wellness checkup may include:

- Health history check
- Physical and mental development screenings
- Vaccines
- Laboratory tests and/or blood tests (including lead screenings)
- Hearing and vision screenings
- Health education



Keep your child healthy with vaccines

As a parent, your most important job is helping your child grow and stay healthy. And one way to do that is making sure they're up to date with their vaccines.

Vaccines can help protect them from infections and illnesses.

Visit [CDC.gov/vaccines/parents/vaccine-decision](https://www.cdc.gov/vaccines/parents/vaccine-decision) to learn more.



Do you have any questions?

**Call Member Services at
1-866-329-4701 (TTY: 711)**

What to know about vaccines

- As children get older, they may need more doses of vaccines they may have received when they were babies.
- To make sure your child stays protected, always talk to the doctor about vaccines during a wellness visit, and ask any questions you have.
- Teens also need vaccines to protect against diseases they may be exposed to at a certain age. Talk to their doctor as they continue to grow.

Need some guidance?

Just refer to the immunization schedule in this packet.
It can help you stay on track as your child grows.

Immunization schedule

Age	Immunization	Immunization	Date
Birth	(HepB) Hepatitis B		
1–2 months	(HepB) Hepatitis B		
2 months	(RV) Rotavirus (DtaP) Diphtheria, tetanus and acellular pertussis (Hib) Haemophilus influenza type b	(IPV) Inactivated poliovirus (PCV13) Pneumococcal conjugate	
4 months	(RV) Rotavirus (DtaP) Diphtheria, tetanus and acellular pertussis (Hib) Haemophilus influenza type b	(IPV) Inactivated poliovirus (PCV13) Pneumococcal conjugate	
6 months	(RV) Rotavirus (DTaP) Diphtheria, tetanus and acellular pertussis	(Hib) Haemophilus influenza type b (PCV13) Pneumococcal conjugate	
6–18 months	(HepB) Hepatitis B (IPV) Inactivated poliovirus		
6 months and yearly	Influenza		
12–15 months	(Hib) Haemophilus influenza type b (PCV13) Pneumococcal conjugate	(MMR) Measles, mumps, rubella (VAR) Varicella	
12–23 months	(HepA) Hepatitis A, two-dose series		
15–18 months	(DTaP), Diphtheria, tetanus and acellular pertussis		
4–6 years	(DTaP), Diphtheria, tetanus and acellular pertussis (IPV) Inactivated poliovirus	(MMR) Measles, mumps, rubella (VAR) Varicella	

All EPSDT services are covered — there's no cost to you.

Hearing and vision screenings

Many children go through childhood with untreated visual injuries or hearing issues that can develop after birth. Both problems can affect their growth and performance. So it's important that your child gets yearly screenings at these recommended ages:



Yearly hearing screenings

Age group
4–6 years of age
8 years of age
10 years of age
12 years of age
16 years of age



Yearly vision screenings

Age group
3–6 years of age
8 years of age
10 years of age
12 years of age
15 years of age

Dental/oral health



Dental checkups and oral health screenings are just as important as regular wellness checkups, as they can help prevent cavities and gum disease. Children should visit a dentist within six months of their first tooth and every six months after to keep their smile healthy and bright.



Keep in mind

Having a wellness checkup helps your doctor:

- Make sure your child is growing healthy and on track
- Find any problems early, when they're easier to treat



Count on us

We can help you find a doctor or dentist, make appointments and arrange for free rides, too.

Just call us at **1-866-329-4701 (TTY: 711)**.

We also have interpreter services (including sign language) available at no cost.

Call your child's doctor today to make an appointment for a wellness visit.

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Aetna, Inc.:

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 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Aetna Medicaid Civil Rights Coordinator

If you believe that Aetna, Inc. has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Aetna Medicaid Civil Rights Coordinator, 4500 East Cotton Center Boulevard, Phoenix, AZ 85040, 1-888-234-7358, TTY 711, 860-900-7667 (fax), MedicaidCRCoordinator@aetna.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Aetna Medicaid Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW

Room 509F, HHH Building

Washington, D.C. 20201

1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

English: ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-800-385-4104** (TTY: **711**).

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-385-4104** (TTY: **711**).

Polish: UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **1-800-385-4104** (TTY: **711**).

Chinese: 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-800-385-4104** (TTY: **711**)。

Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-800-385-4104** (TTY: **711**) 번으로 전화해 주십시오.

Tagalog: PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **1-800-385-4104** (TTY: **711**).

Arabic: (711). إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-800-385-4104** (رقم هاتف الصم والبكم: ملحوظة).

Russian: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-800-385-4104** (телетайп: **711**).

Gujarati: સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો **1-800-385-4104** (TTY: **711**).

Urdu: کریں اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال **1-800-385-4104** (TTY: **711**)۔

Vietnamese: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-800-385-4104** (TTY: **711**).

Italian: ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **1-800-385-4104** (TTY: **711**).

Hindi: ध्यान दें: यदि आप हदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। **1-800-385-4104** (TTY: **711**) पर कॉल करें।

French: ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-800-385-4104** (ATS: **711**).

Greek: ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε **1-800-385-4104** (TTY: **711**).

German: ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **1-800-385-4104** (TTY: **711**).