

## What about dental care?

- Dental coverage is a part of your Medical Assistance
- Dental checkups are due every 6 months
- Your child's doctor will advise you to start dental checkups as soon as the 1st tooth appears, and no later than 12 months
- Your health plan or C&TC staff can help you find a dentist that will take your insurance



## Where can I find out more?

Visit our website [anokacounty.us/ctc](https://anokacounty.us/ctc) to find more information on:

- Participating clinics and health care resources for medical and dental care
- Health Plan information and links to incentive programs
- Community resource information
- Information in other languages



Working with people to  
improve lives

Anoka County  
Public Health & Environmental Services  
2100 3rd Avenue, STE 600  
Anoka, Minnesota 55303-5041



**Anoka County**  
MINNESOTA

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# Child and Teen Checkups

ANOKA COUNTY



A benefit for kids ages 0-20  
with Medical Assistance

**Child and Teen  
Checkups** 

763-324-4280

## What is the Child and Teen Checkups (C&TC) program?

Children and teens on Medical Assistance are automatically part of the C&TC program from birth until 21 years of age.

The C&TC program includes free checkups and follow-up care. Your family also can get help finding doctors, dentists, and community resources.

## My children aren't sick. Why do they need to visit the doctor for checkups?

Regular checkups (called Child and Teen Checkups or C&TCs) help children stay healthy by:

- Finding and treating health problems early
- Encouraging healthy habits
- Giving you a chance to ask questions about your child's health and development

C&TCs are also a perfect time to complete forms for Head Start, school, sports, daycare, or WIC.



## What is included in a Child and Teen Checkup?

The components of a C&TC are based on the age of your child, but often include:

- Measurements (height, weight, blood pressure)
- Vision and Hearing screenings
- Physical exam
- Developmental screening
- Health history
- Dental health
- Health education about healthy lifestyles, nutrition, parenting, behavior, and safety
- Mental health
- Vaccines and lab tests

A complete C&TC includes all of this and more!

## When are checkups due?

0-1 month	15 months
2 months	18 months
4 months	24 months
6 months	30 months
9 months	Yearly ages
12 months	3-20

## How do I make an appointment?

Making an appointment is easy. Call your child's regular doctor or clinic and ask for a Child and Teen Checkup.

## What if I need help?

### If you need help...

- Finding clinics
- Making appointments
- Finding transportation to health appointments

Call your health plan, the C&TC Program, or your clinic C&TC team.

**Blue Plus** ..... 1-800-711-9862

**HealthPartners** ..... 952-967-7998

**UCare** ..... 612-676-3200

**United Healthcare** ..... 1-888-269-5410

**Medical Assistance Customer Service** ..... 651-431-2670

**Anoka County C&TC**..... 763-324-4280

Health plans may also provide incentives for preventive care and other benefits. Call your plan for more information.

## What if i move to another county?

The C&TC program is available in every county in Minnesota. Below are some of the local counties' C&TC programs:

Carver ..... 952-361-1329

Dakota ..... 952-891-7500

Hennepin ..... 612-348-5131

Ramsey ..... 651-266-2420

Scott ..... 952-496-8420

Washington ..... 651-430-6750