

The foster child's health exam may include:

- ◆ Physical examination
- ◆ Health and developmental history
- ◆ Nutrition screening
- ◆ Vision and hearing screening
- ◆ Developmental and behavioral screening
- ◆ Immunizations
- ◆ Blood and urine tests
- ◆ Health and wellness education
- ◆ Oral health assessment and routine referral to a dentist for children over 12 months of age
- ◆ Referrals to specialists and community programs as needed

It is important to follow all the medical advice given to you by the health care provider.

Please take your child to all recommended follow up appointments.

To receive assistance in scheduling appointments, or for questions about your foster child's health, contact:

**Solano County Foster Care Public Health Nurses (PHN): (707) 784-8168 M-F**

- **Member Services for State Medi-Cal: (800)541-5555**

- **Member Services for Medi-Cal with *Partnership Health Plan of California*: (800) 863-4155**

- **Medi-Cal Members with *Kaiser Health Plan*: (855) 839-7613**

- **Medi-Cal Dental Member Services: (800) 322-6384**

Health & Social Services Department  
Public Health Division  
(Revised 03/04/24)



# Physical & Dental Exams For Children in Foster Care



Solano County  
Health Care Program for Children  
in Foster Care

## Foster Care Physical and Dental Exams

Regular physical and dental exams are an important part of the care you give your foster child.

Often times, foster children have had little or no health care.

They may also have more health problems than other children.

Frequently, they have problems you cannot see.

These “well-child” check-ups are given at no cost to you because your foster child is in the Medi-Cal program.

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*A health problem found and treated at an early age is easier to correct, saves on medical costs, and may prevent serious problems in the future.*

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## Frequent Exams Are Important.

All children entering foster care are required to have a physical exam and dental exam within 30 days of placement.

Periodic check-ups are then required at each of the following ages:

### MEDICAL

#### INFANCY: newborn-9 months

- 1-5 days after birth
- By 1 month
- 2 months
- 4 months
- 6 months
- 9 months

#### EARLY CHILDHOOD: 12 months-4 years

- 12 months
- 15 months
- 18 months (1.5 years)
- 24 months (2 years)
- 30 months (2.5 years)
- 3 years
- 4 years

#### MIDDLE CHILDHOOD: 5 years-10 years

- Every year

#### ADOLESCENCE: 11 years-21 years

- Every year

### DENTAL

Dental Exams begin **at age 1.**

- **Every 6 months**, or earlier if a problem exists

For an appointment, call the child’s doctor or dentist.

For assistance in scheduling appointments, call the Foster Care Public Health Nurse at **707-784-8168**.

### Remember to bring:

- A copy of your placement agreement
- Health contact forms for the provider to fill out
- Health Education Passport
- Immunization (shot) records
- Medi-Cal Card
- Any available health records
- List of questions and concerns

### Fax all completed Health and Dental Forms to:

**(707) 784-8480**

**Or email:**

[FCPHN@solanocounty.com](mailto:FCPHN@solanocounty.com)