Your child's check up will include:

- Health History
- Complete Physical Exam
- Lab Tests (as appropriate)
- Immunizations
- Vision/Hearing Screening
- Developmental and Behavioral Screening
- Advice On How To Keep Your Child Healthy

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Helpful Numbers

TennCare Information Line:
1-800-669-1851

Doral Dental:
1-888-233-5935

East Tennessee

BlueCare 1-800-468-9698
or 1-800-999-1658 (after hours)
John Deere: 1-800-209-0034
PHP: 1-800-747-0008
TennCare Select: 1-800-263-5479
1-800-999-1658 (after hours)

Middle Tennessee

VHP: (615) 782-7878
or 1-800-316-CARE (after hours)
TennCare Select: 1-800-263-5479
or 1-800-999-1658 (after hours)

West Tennessee

Better Health Plans: 1-800-414-9025
OmniCare: 1-800-876-9758
TLC: (901) 725-7100
or 1-800-473-6523
TennCare Select: 1-800-263-5479
or 1-800-999-1658 (after hours)

TENNCARE
A NEW DIRECTION IN HEALTH CARE

TENNCare Bureau, Authorization No. 3181067, copies 1,500,000, August 2004. This public document was promulgated at a cost of $0.017 per copy.

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The Early and Periodic Screening, Diagnosis and Treatment (EPSDT) Program designed for the care of your child from birth to young adulthood.

TENNder CARE
Check In Check Up Check Back
TENNESSEE'S EPSDT PROGRAM

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Tennessee has made a commitment to promoting good health in children from birth until age 21. It's called the TENNderCare program. TENNderCare is a full program of check ups and health care services for children who have TennCare. These services make sure babies, children, teens and young adults receive the health care they need.

> "Every child in Tennessee deserves to grow up healthy and happy. TENNderCare is the state's commitment to see that our children and teens have the best start at a healthy life."
>
> - Phil Bredesen - Governor

Good health begins at birth, so it's important to Check In, Check Up and Check Back.

Check In!

The check ups and other services are done by doctors, dentists and other health professionals.

What does TENNderCare provide?

- **Free** check ups
- Dental check up and services
- Medical treatment
- Behavioral health services

Call your doctor or TennCare health plan today to schedule an appointment.

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Where do I take my child to get their check up?

- Your child's doctor (Primary Care Physician)
- Your local health department

Do you need a ride to your appointment? Do you need help making an appointment? Call your doctor or TennCare health plan.

Check Up!

What will happen at the check up?

- Health History
- Complete Physical Exam
- Lab Tests (as appropriate)
- Immunizations
- Vision/Hearing Screening
- Developmental/Behavioral Screening
- Advice on how to keep your child healthy

When should children get a **free** check-up?

At birth	24 months
2-4 days	3 years
1 month	4 years
2 months	5 years
4 months	6 years
6 months	8 years
9 months	10 years
12 months	11 years
15 months	12 years
18 months	

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When should teenagers get a **free** check up?

13 years	17 years
14 years	18 years
15 years	19 years
16 years	20 years

Check Back!

Check Back for:

- A follow up appointment (if needed)
- Your next scheduled visit
- Any new health problem that comes up

What if there is a problem?

TennCare will cover services needed to find or treat medical problems.

To schedule a TENNderCare visit, call your doctor. If you don't have a doctor, your local health department can help.

To learn more, call the TennCare Information Line at 1-800-669-1851.

You can make it better. TENNderCare can help.

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