

Healthy Kids, Healthy Teens

“Healthy Kids” is a wonderful program started by the State of Maryland. We offer this program for all young members from birth to age 21. Your child will have regular checkups and keep up to date on his or her shots. The doctor will check your child’s growth and development, give some advice, and answer any questions you have.

Our plan has a network of doctors who specialize in treating children (pediatricians). If you need help finding a doctor for your child, just call Member Services at **1-800-953-8854** (TDD/TTY 1-800-735-2258). They’ll be glad to help you.

What if your child needs special care? If your child has special needs, your child’s doctor can refer you to the service he or she needs. Your child may also qualify for case management. For more information, just call a Special Needs Coordinator at **1-800-953-8854**.

Scheduling appointments

It’s important that your child has regular well-child checkups. You can visit the doctor anytime your child is sick, but well-child checkups can catch any problems early. A good reminder is to call for an appointment after each child’s birthday. Remember to take your child’s shot record with you when you visit the doctor.

If you don’t have a shot record, ask your doctor to provide you with one.

The doctor may also check to see if your child needs:

- Lead poisoning screening (a blood test to check for lead levels)
- Vaccinations (shots to protect your child from diseases)
- A hearing test (to check how well your child can hear)
- Dental care (to keep your child’s mouth and teeth healthy)

You can learn more about Healthy Kids services in your Member Handbook. For help scheduling a well-child checkup, just call Member Services at **1-800-953-8854**.



Your child's eyesight is important too

Did you know we cover routine eye exams until your child turns 21? If you or your child is under 21 years old, we cover:

- One eye exam each year
- One pair of glasses each year
- One set of contact lenses per year (if there's a medical reason glasses won't work)
- Any special care or surgery that's needed

Check your Member Handbook for more details on these services. Member Services can also help you get an appointment. Just call **1-800-953-8854**. (TDD/TTY **1-800-735-2258**).

