



What is EPSDT?

EPSDT (Early Periodic Screening, Diagnosis, and Treatment), also known as well-child checkups, are regular, complete health exams for children. These exams help your child's health care provider find and treat problems early.

EPSDT is a free health program for individuals, under the age of 21, enrolled in Apple Health (Medicaid) coverage.

What happens during an EPSDT exam?

Your child or teen will have a complete physical exam checking for things not done during sick child visits, including:

- Family health history
- How your child is growing
- Shots or tests needed
- Hearing or vision screening
- Blood lead screening
- Eating or sleeping problems
- Oral health
- Behavioral health

Who should get a well-child checkup?

Individuals under the age of 21 should see their doctor and dentist regularly, even if they aren't sick. Checkups are a time to ask questions about any health concerns. Visiting your child's provider when they are not sick is an opportunity to get guidance that may help you or your child.



When should a child get a checkup?

Call your health care provider to make an appointment and ask for an EPSDT exam. At minimum, your child should get a checkup at the following ages:

- **Ages 0 – 23 months:** at two weeks, two months, four months, six months, nine months, 12 months, and 18 months
- **Ages 2 – 6 years:** once a year
- **Ages 7 – 20 years:** every two years

Your provider can help you find a schedule that works best for your child.



What immunizations do children need?

Immunizations help keep your child and family healthy. To find out what immunizations your child is due for, visit [cdc.gov/vaccines](https://www.cdc.gov/vaccines).

How to get my child immunized?

Ask your provider to schedule you for recommended immunizations to protect your child and loved ones from diseases that vaccines can prevent.

Why immunize?

Keeping up with your immunization schedules helps:

- Keep your child and family healthy
- Keep your community healthy
- Stop the spread of disease to the most vulnerable populations
- Because other parents are vaccinating their kids to keep them and our community healthy and safe



Interpreter services

If you don't speak English well or you are Deaf, Deaf Blind, or Hard of Hearing, professional interpreters are available in many languages, including sign language at no cost to you. Let the receptionist know you need an interpreter when you schedule your appointment.

For more information visit hca.wa.gov/interpreter-services.



Speech or hearing disability, or mobility issues

If you have a speech or hearing disability or mobility issue, you should tell the receptionist when you make your appointment. The receptionist of your health care provider will help you make any necessary arrangements.



Transportation Services

You may be eligible for help with transportation to your health care appointment at no cost to you. The appointment must be for services covered by Apple Health. If you need help to find transportation or a doctor in your area, please call 1-800-562-3022.

For more information visit hca.wa.gov/transportation-help.

How to find a provider

Physical and Behavioral Health

- Call your managed care plan
- If you do not have a managed care plan call 1-800-562-3022

Dental

- DentistLink.org
- Insurekidsnow.gov/find-a-dentist/index.html
- fortress.wa.gov/hca/p1findaprovider/
- Call 1-800-562-3022



Washington State
Health Care Authority

HCA complies with all applicable federal and Washington state civil rights laws and is committed to providing equal access to our services. If you need an accommodation, or require documents in another format or language, please call 1-800-562-3022 (TRS: 711).

EPSDT Well-child checkups for your child or teen

