

STARTING HEALTHY

A Back-To-School Checklist for Parents

Make sure your child is enrolled in the insurance coverage available to them.

As a result of the federal health reform law, health coverage is becoming available to more children and families. Coverage can help you afford the routine and emergency care your child needs to stay healthy. You can call **1-877-KIDS-NOW** to find out if your child qualifies for free or low-cost comprehensive coverage through Medi-Cal or Healthy Families, or you can explore available health coverage options for children at <http://www.100percentcamp-aign.org/needinsurance>. You may have heard that there will be changes to the Healthy Families Program, but coverage is still available and families can still apply online at <http://www.healthapp.net>.

Make sure your child has needed check-ups and shots before school starts.

Before they enter school, all children are required by law to be up-to-date on their required immunizations and vaccinations, including the new Tdap booster for 7th graders. You can learn more about school immunization requirements at <http://www.shotsforschool.org>. Thanks to the federal health reform law, children can receive no-cost preventative care for services like annual check-ups and immunizations. If you need help, contact your local department of public health or your county's Child Health and Disability Prevention (CHDP) program office, which provides free age-appropriate periodic health assessments and exams (including immunizations) for low-income children. The California Office of the Patient Advocate has a handy worksheet to remind you *what* to ask your child's doctor during your next check-up at <http://opa.ca.gov/healthcare/health-plan/files/child-health-care.pdf>.

Connect your health care provider to your child's school.

Your child's school should know who provides health care to your child and where your child should go in case of an emergency. If there are medications or treatment plans that need to be administered at school, be sure you and the school know what needs to be done and why. Ensure your health care provider gets the required health forms to your child's school.

Schedule a dental check-up for your child.

Maintaining good oral health is a key factor in children's success in school and it is recommended that children visit a dentist every six months. In fact, California law requires all kindergarteners to have a dental check-up. Schedule a dental check-up for your child now to make sure they see a dentist regularly and continue to practice positive oral care habits.

Set a reminder to re-enroll your child in health coverage.

Health coverage generally needs to be renewed every 12 months, but depending on the type of coverage it may be more frequent. Put a reminder in your calendar for a month before your child's coverage expires to make sure that any renewal paperwork is submitted so there is no lapse in your child's coverage.



*The 100% Campaign is a collaborative effort of **The Children's Partnership, Children Now, and Children's Defense Fund-California**, working together since 1998 to ensure that all of California's children gain access to affordable, comprehensive health coverage. Go to <http://www.100percentcampaign.org> to learn more.*

*The **California School Health Centers Association** is leading the movement to put health care where kids are -- in schools. Our mission is to promote the health and academic success of children and youth by increasing access to the high quality health care and support services provided by school health centers. Learn more at <http://www.schoolhealthcenters.org>.*

