



# A PARENT'S BACK-TO-SCHOOL CHECKLIST:

Health

**Healthy Children Do Better in School:** Early identification and treatment of health problems are important to help a children reach their full potential. Prevention of future illnesses will ensure that your child attends school regularly.

## Enroll your child in health insurance

Health coverage can help provide the routine and emergency care your child needs to stay healthy. Call 1-877-KIDS-NOW to find out if your child qualifies for free or low-cost coverage. You can also apply online at <http://www.healthapp.net>. More family coverage options will become available October 1 at <http://www.coveredca.com/>.

## Provide your child's school with emergency contact and health information for your child

Make sure you provide your child's school with emergency contact information, including the name and number of your child's pediatrician. Notify the principal's office, the school nurse, and your child's teachers about any health problems or medications. Also, notify your child's school if your child does not have health insurance. Your school may be able to assist you and your child in signing up for health coverage.

## Make sure your child has needed immunizations

California law requires children to be up-to-date on all required immunizations before school starts. Learn more at [www.shotsforschool.org](http://www.shotsforschool.org), or by contacting your county public health department.

## Schedule a health check-up for your child

Thanks to the federal health reform law, children can receive no-cost preventative care for services like annual check-ups. Schedule a physical exam for your child before school starts. A physical may be required for participation in sports and all children entering first grade are required to have a comprehensive health examination. If you cannot afford the examination, Children from low-income families may be eligible for a CHDP health assessment at no cost to the family. Parents may obtain the names of CHDP approved providers from your County's CHDP Program (see <http://www.dhcs.ca.gov/services/chdp/Pages/CountyOffices.aspx> for list).

## Set-up a dental check-up for your child

Schedule a dental appointment with a dentist. California law requires all students starting kindergarten to have a dental exam. Maintaining good oral health is a key factor in children's success in school. Information on school entry oral health assessment requirements may be available at your local County Office of Education.

## 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>.

