



GrowSmart EPSDT Health Promotion:

Keeping Children Healthy with Regular Well Child Visits

July is a great time for families to schedule Child and Adolescent Well-Care Visits (WCVs) to make sure all physical exams and health records are up to date before the school year starts in August. EPSDT encourages regular checkups to help find health concerns early, support healthy growth and development, and make sure children of all ages are ready for school. EPSDT also helps connect families with services and support when needed.

What Are Well Child Visits?

Well-child visits are routine checkups that help doctors look at children’s physical, developmental, emotional, and social health. During these visits, children receive a complete physical exam, growth and development checks, vision, hearing, and dental screenings, behavioral and emotional health screenings, recommended vaccines, and referrals for any health needs. Families also get guidance and follow-up care when needed.

What Do Doctors Say?

Health experts explain that yearly physical exams help keep children healthy and can find problems early. These visits help make sure children are growing and developing well, check development and behavior, support school readiness, and help children safely take part in school, sports, and summer activities. Providers also help with forms and set up follow-up care or referrals if needed. July is often a good time for these visits before school and activities begin.

Tips for Families

- Schedule annual physical exams for all children and teens
- Bring school, childcare, or sports forms to every visit
- Talk about concerns with learning, behavior, development, or health
- Follow up on screenings or referrals recommended by the provider
- Keep updated medical forms for school programs
- Make sure vaccines are updated before school deadlines
- Review medicines and health forms each year

Stay Involved in Your Child’s Care

- Attend all well-child visits and follow-up appointments
- Share changes in your child’s health, behavior, or routines
- Keep track of medications and updates to care plans
- Ask about development or behavior if you have concerns
- Bring all school or sports physical forms to visits
- Inform your case manager when new needs or referrals are identified

Well Child Visit Timeline

Age	Key Actions
Birth to Age 5	Frequent WCVs to check growth and development.
Age 6 to 21	Yearly checkups with growth, developmental, and behavioral screenings.
As Needed	School, sports, or childcare physicals, and follow-up care.
Any Time	Updates to medical forms, records, and care plans.

Need help or resources?

Trillium Health Resources supports families by covering EPSDT physical exams and screenings, helping children access medically necessary services, coordinating referrals, and supporting developmental and behavioral needs. Youth under 21 can receive all EPSDT covered services when medically necessary.

Call Member & Recipient Services or connect with your Care Manager at **1-877-685-2415**