

The Path to Good Health: A Toolkit for Parents



Tip

This Toolkit can be used to take care of yourself as well as your children! Ask for an extra copy to track your own health care.



The Path to Good Health: A Toolkit for Parents

Taking your child to the doctor and making decisions about your child's health care can be challenging. But with the right tools you will feel more comfortable.

This Toolkit is meant to help you take an active part in your child's health care. Knowing how to get health insurance for your child, where to go for help, and how to work with your child's doctor will help you keep your child on the path to good health.



Start on the Path to Good Health . . .

STEP

1

Get Health Insurance for Your Child
(Page 2-3)

STEP

2

Go to the Doctor
(Page 4-5)

STEP

3

Use Your Child's Health Insurance
(Pages 6-7)

STEP

4

Know Your Child's Health History
(Pages 8-9)

STEP

5

Keep Your Child's Health Insurance
(Page 10)

STEP

6

Keep Track of Documents
(Page 12)

STEP

1

Get Health Insurance for Your Child

Health insurance helps you pay for your child's health care. There are a number of ways to get insurance for your child and different programs available in California.

- Your child may be able to get health insurance through your employer.
- Your social worker may be able to help you sign up for health insurance.
- There may be other people in your community who can help you figure out which program your child may qualify for. They can also help you fill out the application.

Tip

Check these local places for help:

- ▶ Family resource center
- ▶ Your child's school
- ▶ Health clinic
- ▶ Healthy Start office
- ▶ County Social Services office
- ▶ County Public Health Department



If your child does not have health insurance, call the numbers or visit the websites below for more information. Each program has different guidelines to qualify.

- ▶ **Medi-Cal:**
1-888-747-1222 / www.medi-cal.ca.gov

- ▶ **Healthy Families:**
1-800-880-5305 / www.healthyfamilies.ca.gov

- ▶ **Access for Infants and Mothers (AIM):**
1-800-433-2611 / www.aim.ca.gov

- ▶ **Child Health and Disability Prevention Program (CHDP):**
1-916-327-1400 / www.dhs.ca.gov/pcfh/cms/chdp/

- ▶ **Kaiser Permanente Child Health Plan:**
1-800-255-5053 / www.kaiserpermanente.org
(Not available in all areas)

- ▶ **California Kids:**
1-818-755-9700 / www.californiakids.org
(Not available in all areas)

- ▶ **Healthy Kids Program:**
www.ihps-ca.org
(Not available in all areas)



STEP

2

Go to the Doctor

“An Ounce of Prevention is Worth a Pound of Cure”

Healthy children should see the doctor, too! Your child should visit the doctor and the dentist and have his or her eyes checked regularly, even if there is nothing wrong. These visits allow your doctor to prevent, find, and treat problems before they become serious.

In the chart below, when you see a check ✓ next to your child’s age make an appointment with that doctor. If you see two checks ✓✓, go twice that year.

Check-up Schedule			
			
Age	Doctor*	Dentist**	Vision*
3-4 days	✓		
2-4 weeks	✓		
2 months	✓		
4 months	✓		
6 months	✓		✓
9 months	✓		
12 months	✓	✓	
15 months	✓		
18 months	✓	✓	
24 months	✓	✓	
3 years	✓	✓ ✓	✓
4 years	✓	✓ ✓	
5 years	✓	✓ ✓	✓
6 years	✓	✓ ✓	✓
Every year thru age 20	✓	✓ ✓	✓

* Recommended by the American Academy of Pediatrics

** Recommended by the American Academy of Pediatric Dentistry

**Take an active part in your child's doctor visits.
This means asking and answering.**

Asking: At the doctor's office, all questions are good questions. The more questions you ask, the more information you will have to make good decisions for your child.

Answering: Tell the doctor exactly what has been going on with your child's health, even if it seems embarrassing. If you are worried about something the doctor suggests, make sure you tell the doctor.

1. Before the Visit:

- ✓ Make a list of the questions you want to ask.
- ✓ Bring your child's insurance card.
- ✓ Write down what you have done at home to treat your child.
- ✓ Note any things or incidents ("triggers") that may have affected your child's health.

2. During the Visit:

- ✓ Answer all the doctor's questions as fully as you can.
- ✓ Tell the doctor about any home remedies you used or if your child has allergies.
- ✓ Ask the doctor to explain anything you do not understand.

3. After the Visit:

- ✓ Fill your prescriptions as soon as you can.
- ✓ **Follow the directions for any medicine**, even if your child gets better right away.
- ✓ Call the doctor if your child does not get better within a few days.
- ✓ Watch for side effects and call the doctor if you notice anything unusual.
- ✓ Make and keep your child's follow-up appointments.

STEP

3

Use Your Child's Health Insurance

The best way to use your child's health insurance is to find **one place** where you go for all your child's health care needs. Make sure you are comfortable with the doctors and nurses so that you can talk with them and share any concerns you have.

You will go to **this place** for:

- Well check-ups
- Sick visits
- Accidents
- Special health care needs
- Immunizations (shots)

Tip

This place can be called your:

- Medical Home
- Primary Care Physician (PCP)
- Doctor's Office

This place can be a doctor's office, a community clinic, or a local health department. The staff there will know you, your child, and your child's health history.

You Have Someone To Call For Help!

Because the staff knows your child, they can:

- Make sure your child gets the check-ups, screenings, and shots needed to stay well.
- Work with you to plan your child's care.
- Tell you about programs and resources that may be helpful.
- Help you find the right specialists and services your child needs.

If your child is sick or has an accident, the staff can tell you if you should:

- **Treat your child at home.** They will tell you how.
- **Come to the doctor's office.** They will make an appointment for you.
- **Go to the emergency room.** They will tell you if it is a true emergency.

The Right Call Every Time



Doctor: _____

Phone Number: _____

Hours: _____

After-Hours Phone: _____

(Check your insurance card for phone numbers.)

When should you take your child to the emergency room?

When your child is sick, but it is not life threatening, you should call your doctor's office and ask for a same day appointment or go to the urgent care facility at your medical center. For example, your child might have a sore throat, an ear infection, or a bad cough.

You should go to the nearest emergency room when your child has an illness or injury that you think is life threatening or may cause serious damage if it is not treated right away. There are some examples of emergencies in the box below.

Tip

Examples of Emergencies:

- Broken bones
- Chest pain
- Severe burns
- Fainting
- Drug overdose
- Paralysis
- Severe cuts that won't stop bleeding



STEP

4

Know Your Child's Health History

This form is like one you will be asked to fill out at the doctor's office. Fill it out now and then you'll have all the information in one place so it will be easy to fill out the doctor's form.

Tip

If you are using this book for more than one child, copy Step 4 and staple the pages to this sheet.

PATIENT INFORMATION

Name: _____

Address: _____

Home Phone: _____ Other Phone: _____

Gender: Male Female Date of Birth: _____ / _____ / _____

Blood Type: _____

ALLERGIES

If your child has allergies, list them here. Your doctor will want to know your child's reaction and how you manage the reaction.

Medication allergies: _____

Food allergies: _____

Other allergies: _____

HOSPITALIZATION/SURGERIES

If your child has been in the hospital or has had surgery, explain when and why:

Tip

Bring your child's medications with you to the doctor!

MEDICATIONS BEING TAKEN

List all medications (prescription, over-the-counter, and herbal) that your child is taking.

Medication	Specific time taken each day	Reason for taking

FAMILY HISTORY

Have any of your child's blood relatives (parents, grandparents, sisters, brothers) had any of these diseases? Check yes or no. Then write the relation of the person to your child.

Diabetes: Yes No Relation: _____

Heart Attacks: Yes No Relation: _____

Cancer: Yes No Relation: _____

Hypertension: Yes No Relation: _____

Stroke: Yes No Relation: _____

YOUR CHILD'S MEDICAL HISTORY

Check the box if your child has had the problem listed. Then write the age that your child had the problem or the age when the problem started.

Asthma _____

Bronchitis _____

Chickenpox _____

Diabetes _____

Ear Infection _____

Epilepsy _____

Fainting Spells _____

Hay Fever _____

Headaches _____

Rubella _____

Heart Trouble _____

Hepatitis _____

Hernia _____

Stomach Aches _____

Measles _____

Meningitis _____

Mumps _____

Pleurisy _____

Pneumonia _____

Convulsions/Seizures _____

Scarlet Fever _____

Strep Throat _____

Tuberculosis _____

Nose Bleeds _____

Joint Pain _____

Urinary Tract Infection _____

Rheumatic Fever _____

Other _____

STEP

5

Keep Your Child's Health Insurance

It is very important that your child has health insurance all the time. You need to do three things to make sure you keep your child's health insurance:

1. Pay the premium on time.

Pay attention to the due date on your bill.

2. Tell the health plan and the doctor if you move.

You must submit a change of address in writing with your signature every time you move. If you do not tell them your new address, they may send important documents or bills to your old home. If you never get these documents, you could be dropped from the health plan.

3. Fill out any forms your health plan sends you.

For some plans you will be sent an eligibility form each year. You must fill out this form and send it back to the health plan. If you have trouble filling out the form, contact your health plan. For other places to get help, see the Tip on page 2.



Notes



STEP

6

Keep Track of Documents

The last step on the path to good health is to keep all your child's documents in one place.

Use this folder for these two documents:

Immunization Card

- Before going to childcare and school, your child must get immunizations (shots).
- The doctor will give you an immunization card.
- The doctor will write each time your child gets an immunization.
- You will have to show this card when you enroll your child in daycare and school.

A Copy of Your Child's Insurance ID Card

- The doctor's office will ask you for your child's insurance ID card at each visit.
- You should keep the card in your wallet.
- Keep an extra copy of the card in this folder in case you lose it.

Make sure these documents are in a safe place at home:

- Health insurance information
- Lab results
- Treatment information
- Medical bills
- Medical records
- Copy of birth certificate
- Copy of medical alert ID

Tip

Remember, you have a right to see your child's medical records. You can ask for copies at any time. Keep a copy in case you change doctors or health insurance.



Important Numbers



Emergency: 911

Non-Emergency Police: _____

Doctor: _____

Clinic: _____

Dentist: _____

Eye Doctor: _____

Specialist: _____

Pharmacy: _____

Health Plan Name: _____

Health Plan Help Lines: _____

My child's health insurance ID number:

Additional phone numbers: _____

