



EVERYONE NEEDS A CHECKUP

Seeing your health care provider when you're not sick is an important part of staying healthy. Regular health exams can help find problems before they start. And problems found early are easier to treat.

- Children need 12 well-child screenings from birth through age 2½.
- Children and teens from ages 3 through 20 need a checkup every year.
- Even healthy adults need to see their health care provider once a year or as recommended.

Do you or your child need a checkup? Schedule it today!

Spanish: Español ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al BlueCare 1-800-468-9698. Llame al TennCareSelect 1-800-263-5479 (TTY: 711: 888-418-0008).

Kurdish: کوردی ئاگاداری: ئه گهر به زمانی کوردی قهسه ده کهیت، خزمهتگوزاریهکانی یارمهتی زمان، به خورایی، بو تو بهردهسته. په یوهندی به بکه
(TTY: 711: 888-418-0008), TennCareSelect 1-800-263-5479, BlueCare 1-800-468-9698



Do you need help with your health care, talking with us, or reading what we send you? Call us for free at: BlueCare 1-800-468-9698 or TennCareSelect 1-800-263-5479 (TTY: 711 and ask for 888-418-0008).

We obey federal and state civil rights laws. We do not treat people in a different way because of their race, color, birth place, language, age, disability, religion, or sex. Do you think we did not help you or treated you differently? Then call BlueCare 1-800-468-9698, TennCareSelect 1-800-263-5479 or TennCare 1-855-857-1673 (TRS 711) for free.

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