



north dakota  
department of  
human services

# Health Tracks

(Early and Periodic Screening,  
Diagnosis, and Treatment - EPSDT)

**Preventive health care for children  
and young adults under the age of 21.**

**Health Tracks** may include:

- ✓ Physical exams
- ✓ Hearing and vision checks
- ✓ Glasses and hearing aids
- ✓ Vaccines (shots) and labs
- ✓ Dental care, braces, fluoride varnish
- ✓ Health education
- ✓ Behavioral health screenings
- ✓ Growth and development checks
- ✓ Nutrition counseling
- ✓ And other health services

**Health Tracks** benefits  
may be available to  
Medicaid members  
at no charge.

**Schedule an  
appointment  
today.**

Contact  
your county  
social services office,  
public health unit,  
or primary care  
provider.



# Health Tracks

screening is recommended at these ages:

- ✓ Newborn
- ✓ 2-5 days old
- ✓ 1 Month
- ✓ 2 Months
- ✓ 4 Months
- ✓ 6 Months
- ✓ 9 Months
- ✓ 12 Months
- ✓ 15 Months
- ✓ 18 Months
- ✓ 24 Months
- ✓ 30 Months
- ✓ Every year from age 3 through 20

## Dental Care

- ✓ First visit - after a child's first tooth appears or by age one, or sooner, if a problem occurs
- ✓ Checkups every six months



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### Learn more at:

[www.nd.gov/dhs/services/medicalserv/health-tracks](http://www.nd.gov/dhs/services/medicalserv/health-tracks)