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 human service zone, public health unit, or primary care provider.
Screening is recommended at these ages:

- Newborn
- 2-5 days old
- 1 month
- 2 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

Learn more at: www.nd.gov/dhs/services/medicalserv/health-tracks