

# Well-Child Check-ups

## Keep this checklist of important well-child visits handy.

Regular well-child visits check your child's growth and development, and can help you stay on track with recommended immunizations.

A first visit to the dentist is recommended by a baby's first birthday, or when teeth first arrive.

Well-child visits are a good time to ask your child's provider about sleep, growth, nutrition, behavior, medication and learning milestones.



### Babies

(less than one year)

#### See the doctor:

- 3-5 days • 2mo • 6mo
- 1mo • 4mo • 9mo

#### Visit Focus:

- Feeding
- Growth and weight
- Hearing check (at birth)
- Oral health check (ages 6 months, 9 months)\*
- Safety
- Sleep
- Developmental screening
- Vaccinations (if needed)



### Toddlers & Preschoolers

(ages 1-4)

#### See the doctor:

- 12mo • 18mo • 30mo (2½yr) • 4yr
- 15mo • 24mo (2yr) • 3yr

#### Visit Focus:

- Autism screening (ages 18 and 24 months)
- Blood pressure screening (age 3+)
- Lead screening (ages 12 and 24 months)
- Obesity screening - measure body mass index (BMI) (24 months and older)
- Oral health check\*
- Vision screenings (ages 3 and 4)\*
- Developmental screening
- Vaccinations (if needed)



### School-age Kids

(ages 5-10)

#### See the doctor:

- Once a year

#### Visit Focus:

- Blood pressure screening
- Obesity screening - measure body mass index (BMI)
- Oral health check\*
- Vision screenings (ages 5, 6, 8, 10)\*
- Developmental screening
- Vaccinations (if needed)



### Pre-teens and Teens

(ages 11 and up)

#### See the doctor:

- Once a year

#### Visit Focus:

- Blood pressure screening
- Depression screening (age 12 and older)
- Hearing screenings (age 11-14 once, age 15-18 once, age 18-21 once)
- Oral health check\*
- Obesity screening - measure body mass index (BMI)
- Vision screenings (age 15)\*
- Developmental screening
- Vaccinations (if needed)



## Does your plan include additional dental, vision and hearing coverage?

\*Many plans offered by **Univera Healthcare** also include coverage for routine dental care, eye exams, glasses or contacts, hearing screenings and/or hearing aids. Log in to [UniveraHealthcare.com](http://UniveraHealthcare.com) to check your benefits and coverage. Our Customer Care advocates are also happy to help.



### Schedule

Make your next appointment while you are at provider's office. It is always easier to schedule ahead!



### School, daycare or camp forms

Bring these forms with you if they need to be signed by a doctor. Ask if you need a copy of your annual physical and/or immunization records.

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# Why Screenings and Vaccines are Important

	<b>Autism Screening</b>	Typically performed during a well-child visit, your doctor will assess your child's behavior for any early signs of developmental challenges.
	<b>Blood Pressure Screening</b>	High blood pressure doesn't just affect adults. Like most conditions, if it is identified early it is easier to treat.
	<b>Depression Screening</b>	Depression is a serious mental health issue that often goes undetected among adolescents and can affect virtually every aspect of life.
	<b>Developmental Screening</b>	Children screened for risk of developmental, behavioral, and social delays using a standardized screening tool in the 12 months preceding or on their first, second, or third birthday.
	<b>Hearing Screening</b>	All babies receive a hearing screening in the hospital. Early screenings can help prevent delays in speech and language development caused by hearing problems.
	<b>Immunization Vaccines</b>	Your child's need for immunizations should be evaluated at every well child visit. From whooping cough and rotavirus to measles and the flu, vaccines are a safe and effective way to protect your child from a wide range of potentially serious diseases.
	<b>Lead Screening</b>	Too much lead in the blood of small children and pregnant women can result in serious developmental issues.
	<b>Obesity Screening and Counseling</b>	A Body Mass Index (BMI) measurement is calculated using your child's height and weight. Your doctor may discuss how to help your child develop healthy habits through nutrition and exercise.
	<b>Oral Health Risk Assessment</b>	Your doctor can determine if your child is at a high risk of tooth decay and/or oral disease and refer you to a dentist early if necessary. A first appointment with a dentist is recommended by a baby's first birthday, or when first teeth arrive. After this dentists often recommend a visit every six months.
	<b>Vision Screening</b>	Even if your child doesn't show any symptoms of vision problems, regular checkups are essential. Vision problems left unchecked can impact learning and sports performance.

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