CHECKLIST FOR CHILDREN'S HEALTH

Make Preventive Care A Priority

When it comes to children, ensuring a healthy future starts with taking healthy steps today. That's why preventive care services are covered at no additional cost to you.* Use this checklist to keep the most essential screenings and doctor visits top of mind.

What	Who + When	Why
○ **Well-Child Visit**	**Over 1st year** 6 well-baby visits **Age 1-4 years** 7 well-child visits **Age 5-17 years** 1 well-child visit per year	Children develop rapidly over the first few years and should see the doctor regularly to ensure they're progressing normally.
○ **Autism Screening**	**Age 18 and 24 months**	Typically performed during a well-child visit, your doctor will assess your child's behavior for any early signs of developmental challenges.
○ **Blood Pressure Screening**	**Age 2–4 years** **Age 5–10 years** **Age 11–14 years** **Age 15–17 years**	High blood pressure doesn't just affect adults. Like most conditions, if it's identified early it's easier to treat.
○ **Depression Screening**	**Age 12 and older** Routinely	Depression is a serious mental health issue that often goes undetected among adolescents and can affect virtually every aspect of life.
○ **Hearing Screening**	**Newborn–6 months** **Age 7 months–3 years (if at risk)** **Age 4–6 years** **Age 8,10,12,15,18 years**	Early screenings can help prevent delays in speech and language development caused by hearing problems.
○ **Immunization Vaccines**	**Everyone** As directed by your doctor	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.

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Lead Screening	**Any child at risk of exposure** Note: New York State requires a lead test at age 1 and again at age 2.	Too much lead in the blood of small children and pregnant women can result in serious developmental issues.
Obesity Screening and Counseling	**Everyone** As directed by your doctor	Healthy habits that start young have a better chance of becoming a lifestyle. Get your child off to a good start.
Oral Health Risk Assessment	**Age 6 months** **Age 9 months** **Age 1–4 years** **Age 5–10 years**	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.
Vision Screening	**Age 3–5 years** At least once	Even if your child doesn't show any symptoms of eye problems, regular vision checkups are essential.

These are just some of the preventive care services available to you.
For a full list of what's covered, visit univerahealthcare.com/preventivecare

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*A well visit or preventive service can sometimes turn into a "sick visit", in which out-of-pocket expenses for deductible, copay and/or coinsurance may apply. There may also be other services performed in conjunction with the above preventive care services that might be subject to deductible, copay and/or coinsurance. Does not include procedures, injections, diagnostic services, laboratory and X-ray services, or any other services not billed as preventive services.

Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。 请参见随附的文件以获取我们的联系方式。

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