

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 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

	Autism Screening	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	High blood pressure doesn't just affect adults. Like most conditions, if it is identified early it is easier to treat.
	Depression Screening	Depression is a serious mental health issue that often goes undetected among adolescents and can affect virtually every aspect of life.
	Developmental Screening	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.
	Hearing Screening	All babies receive a hearing screening in the hospital. Early screenings can help prevent delays in speech and language development caused by hearing problems.
	Immunization Vaccines	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.
	Lead Screening	Too much lead in the blood of small children and pregnant women can result in serious developmental issues.
	Obesity Screening and Counseling	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.
	Oral Health Risk Assessment	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.
	Vision Screening	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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