

# Good health starts with regular checkups and screenings

Kids grow up so fast. And their bodies are always changing. That's why it's so important that you keep up with checkups and screenings so you can make sure your child is healthy and developing well. Your child's birthday is a good time to get his or her checkup.

Not sure where to begin? Just take a look at these five helpful tips for checkups. Keep in mind that **preventive care might be covered at 100%**. Check your plan benefit summary or call Member Services to find out. It's one less thing for you to worry about!



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## How are the kids?

Happy? Healthy? Good. Let's keep it that way.

Open to learn more about the right checkups for baby, teen and in between.

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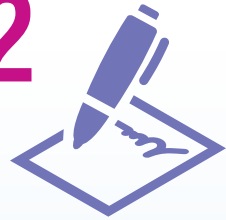
### Set up a visit with your child's doctor.

Checkups give your doctor an opportunity to evaluate your child's growth and development. If any vaccines (shots) or screenings are needed, they may be taken care of, too. Every child develops at their own pace. Your child's doctor is the best resource for your child's care and development.

**Children under 2 years of age get checkups more often. Eight visits are recommended by the time your baby is 15 months old.<sup>1</sup>**

- Within the first week
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- and every year from 3 years to 18 years old

2



### Prepare for doctor visits.

#### Before the visit:

- **Write** down any questions or concerns you would like to talk about with the doctor.
- **Make** a list of vitamins and medications your child takes and bring it to your visit.

#### During the visit:

- **Talk** with your child's doctor about any concerns you have.
- **Ask** the doctor to explain or repeat anything you don't understand.

#### After the visit:

- **Follow** the doctor's orders for care and treatment.
- **Make** sure your child is eating right, getting plenty of sleep, staying active and washing hands often.
- **Keep** track of all shots, even ones from a different doctor's office or clinic.



### Best way to fend off flu and viruses

Have your whole family wash their hands often. Germs get on your hands from everything you touch. If not washed off, you can get sick and pass the germs on to others. If you get sick, antibiotics might not help. Taking antibiotics when you don't need them can make it harder for them to work when you do really need them. To get more health tips, watch our short video at [anthem.com/cold](http://anthem.com/cold).

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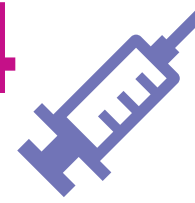


### Tell your child what to expect during a checkup.

If you have a little one, it's best to talk during playtime about fear of going to the doctor. Let your child know you'll be there the whole time. You can role-play how the doctor might:

- **Tap** on your child's knees.
- **Listen** to the chest and back with a stethoscope.
- **Look** at your child's tongue and mouth with a special stick.
- **Check** blood pressure using a cuff that "hugs" your child's arm tightly.

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### Give your child a healthy boost.

1. **Vaccinations, or shots, can save children's lives.** Diseases like polio no longer claim children's lives in the U.S., thanks to preventive shots.
2. **Shots work.** Side effects are typically minor compared to the benefits.
3. **Shots not only protect your child, but others, too.** If kids haven't had a shot, they can still get diseases that a shot can prevent. Getting your child these shots keeps him or her from giving an illness to friends or loved ones who might not have had shots.

Talk to the doctor about which shots your child needs. Some vaccines might be combined so your child gets fewer shots. Most shots are given in a series or need more than one dose. Then fill in this reminder with the date of your visit to keep track of what shots your child has had.

Ages	Vaccinations	Date
0-2	HepB, RV, DTaP, Hib, PCV, IPV, MMR, chickenpox (varicella), HepA, flu	
3-6	DTaP, IPV, MMR, chickenpox (varicella), flu	
7-9	Flu	
10-13	Tdap, HPV, meningococcal, flu	
13-18	Meningococcal, flu	

**Doctor's information**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

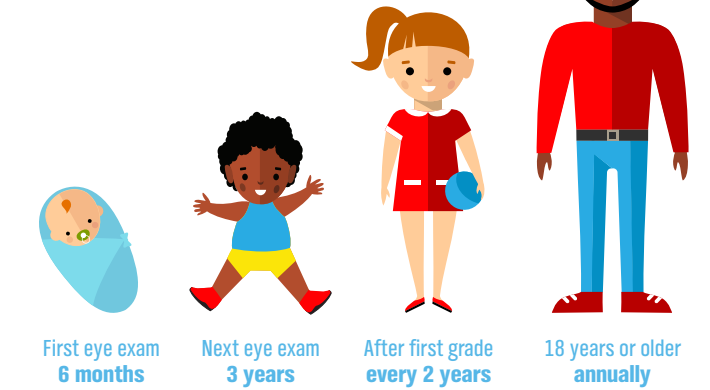
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### Don't forget about the eye doctor and dentist!<sup>2</sup>

Eye and dental exams are just as important as visits to your child's doctor. Take a look to see how often your child should have these checkups:

#### Eye exam



#### Dental checkup

To keep those little mouths healthy, children should visit the dentist beginning at **age 1**.

Get a dental checkup for your child every six months to prevent cavities and dental issues.<sup>3</sup>



**Just remember this one thing: to keep your child happy and healthy, stay on top of your child's checkups. Call your child's doctor today!**

#### Still have questions?

- **24/7 NurseLine:** connect with a registered nurse anytime at no extra cost to you.<sup>4</sup>
- **Contact Member Services<sup>4</sup>**
- **Use the Find a Doctor tool on [anthem.com](http://anthem.com) to get a list of providers near you.**

1. Healthy Children website: *Well Child Care: A Checkup for Success* (accessed February 2017); [healthychildren.org](http://healthychildren.org).  
 2. Not all plans cover dental or vision benefits. Please see your benefits summary or Certificate of Coverage for details about covered benefits, procedures and exclusions.  
 3. America's Pediatric Dentists website: *The Big Authority on little teeth* (accessed January 2017); [aapd.org](http://aapd.org).  
 4. Call the number on your member ID card.

Remember your health care needs may be different from others. This information is intended for education, not medical advice. Please ask your doctor for medical advice.

