

# 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.

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

Age	Babies (less than 1 year)	Toddlers & Preschoolers (ages 1-4)	School-age Kids (ages 5-10)	Pre-teens and Teens (ages 11 and up)
<b>Visit the doctor at:</b>	<ul style="list-style-type: none"> <li>• 3-5 days</li> <li>• 1mo</li> <li>• 2mo</li> <li>• 4mo</li> <li>• 6mo</li> <li>• 9mo</li> </ul>	<ul style="list-style-type: none"> <li>• 12mo</li> <li>• 15mo</li> <li>• 18mo</li> <li>• 24mo (2yr)</li> <li>• 30mo (2½yr)</li> <li>• 3yr</li> <li>• 4yr</li> </ul>	<ul style="list-style-type: none"> <li>• Once a year</li> </ul>	<ul style="list-style-type: none"> <li>• Once a year</li> </ul>
<b>Visit Focus</b>	<ul style="list-style-type: none"> <li>• Feeding</li> <li>• Growth and weight</li> <li>• Hearing check (at birth)</li> <li>• Oral health check (ages 6 months, 9 months)*</li> <li>• Safety</li> <li>• Sleep</li> <li>• Developmental screening</li> <li>• Vaccinations (if needed)</li> </ul>	<ul style="list-style-type: none"> <li>• Autism screening (ages 18 and 24 months)</li> <li>• Blood pressure screening (age 3+)</li> <li>• Lead screening (ages 12 and 24 months)</li> <li>• Obesity screening - measure body mass index (BMI) (24 months and older)</li> <li>• Oral health check*</li> <li>• Vision screenings (ages 3 and 4)*</li> <li>• Developmental screening</li> <li>• Vaccinations (if needed)</li> </ul>	<ul style="list-style-type: none"> <li>• Blood pressure screening</li> <li>• Obesity screening - measure body mass index (BMI)</li> <li>• Oral health check*</li> <li>• Vision screenings (ages 5, 6, 8, 10)*</li> <li>• Developmental screening</li> <li>• Vaccinations (if needed)</li> </ul>	<ul style="list-style-type: none"> <li>• Blood pressure screening</li> <li>• Depression screening (age 12 and older)</li> <li>• Hearing screenings (age 11-14 once, age 15-18 once, age 18-21 once)</li> <li>• Oral health check*</li> <li>• Obesity screening - measure body mass index (BMI)</li> <li>• Vision screenings (age 15)*</li> <li>• Developmental screening</li> <li>• Vaccinations (if needed)</li> </ul>

\*First dental visit is recommended by a baby's first visit birthday, or when teeth first arrive.

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

\*Many plans offered by Excellus BCBS Healthcare also include coverage for routine dental care, eye exams, glasses or contacts, hearing screenings and/or hearing aids. Log in to check your coverage and benefits at [ExcellusBCBS.com](http://ExcellusBCBS.com).



### 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.



Everybody Benefits

# 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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