

The Importance of a Well-Child Check

Children ages 4 - 12

Why it's important to continue Well-Child Checks annually beyond the toddler years...

- Annual Preventive Health Care visits (well-child check), for children ages 3 – 21, are recommended by the American Academy of Pediatrics and are fully covered by most insurances. These visits offer the opportunity to:
 - Detect any possible medical, developmental or academic concerns early so that treatment can be started to potentially lessen the future impact on both the child and the family.
 - Receive medical, dental, behavioral health or other necessary referrals

What to expect from your visit...

Screenings for:

- Physical development: height, weight, blood pressure, vision, and dental.
- Behavior assessments: learning difficulties, depression, anxiety, ADHD, etc. Don't be afraid to bring these concerns to the attention of your health care professional.

Recommended Immunizations:

- Update any vaccinations based on current preventative guidelines
- Flu vaccine (annually)

Anticipatory Guidance:

- Skills needed for general healthy living, including school interactions
- Making healthy friendships independently and how to prevent bullying

Best outcomes for your child...

Preventive health care visits are a good time to focus on your child's ongoing wellness. Talking about ways to improve care and prevent problems helps keep your child healthy.

Tip: write down any questions/concerns you may have about your child's health to bring to the appointment.

Call your pediatrician or family practice health care provider today to make an appointment. If you don't have a primary care provider contact your insurance carrier to find one. If you do not yet have insurance coverage of any kind you can go to www.yourhealthidaho.org for information.

For more information on preventive health services go to - <https://www.healthcare.gov/preventive-care-children/> or the American Academy of Pediatrics website - www.aap.org.

