

Well Child Visits

The key to healthy growth and development

What is a well child visit?

A well child visit is a regular checkup with your child's health care provider. These visits are very important to make sure your child is growing and developing properly. They help prevent future health problems and allow the provider to answer any questions you have about your child's health. It is recommended to schedule a well child visit annually.

Why are well child visits important?

Well child visits are important for many reasons, such as:

- **Healthy growth and development**

At each visit, your child's provider will track their growth, milestones, and development, making sure they are on the right track.

- **Preventing future health issues**

Your child's provider will have record of your child's growth and development, so they will know what is normal for your child and can catch potential problems earlier.

- **Vaccinations and screenings**

Your child will be able to get the recommended vaccines on schedule, and they can get screened for health issues early on.

- **Building trust and understanding**

Regular visits let you ask questions and connect with your child's provider, building a strong, trusting relationship leading to better health outcomes.

Well child visit schedule

- | | | |
|--|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> 3-5 days old | <input type="checkbox"/> 3 years old | <input type="checkbox"/> 13 years old |
| <input type="checkbox"/> 1 month old | <input type="checkbox"/> 4 years old | <input type="checkbox"/> 14 years old |
| <input type="checkbox"/> 2 months old | <input type="checkbox"/> 5 years old | <input type="checkbox"/> 15 years old |
| <input type="checkbox"/> 4 months old | <input type="checkbox"/> 6 years old | <input type="checkbox"/> 16 years old |
| <input type="checkbox"/> 6 months old | <input type="checkbox"/> 7 years old | <input type="checkbox"/> 17 years old |
| <input type="checkbox"/> 9 months old | <input type="checkbox"/> 8 years old | <input type="checkbox"/> 18 years old |
| <input type="checkbox"/> 12 months old | <input type="checkbox"/> 9 years old | <input type="checkbox"/> 19 years old |
| <input type="checkbox"/> 15 months old | <input type="checkbox"/> 10 years old | <input type="checkbox"/> 20 years old |
| <input type="checkbox"/> 24 months old | <input type="checkbox"/> 11 years old | <input type="checkbox"/> 21 years old |
| <input type="checkbox"/> 2 ½ years old | <input type="checkbox"/> 12 years old | |



Need help?

Call Iowa Total Care Member Services at 1-833-404-1061 (TTY: 711) if you need help with:

- Scheduling an interpreter for your appointments.
- Finding a provider.

Take action now!

Schedule a well visit for your child to protect your child's future. Medicaid covers well child visits at no cost to you!

Search for additional resources in your community at IowaTotalCare.Findhelp.com.



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