

# Regular checkups for kids

## Make an appointment with your primary care provider (PCP) today

Regular checkups are a great way to make sure your child stays healthy. Your child should get a checkup even if he or she doesn't feel sick.



### See your PCP – it's important

- Your child should see his or her PCP when they are 3–5 days old, and at ages 1, 2, 4, 6, 9, 12, 15, 18, 24 and 30 months. At 3 years old, they should start seeing their PCP every year.
- At these checkups you can talk to the PCP about your child's health
- Together, you can create or update your child's care plan



### This visit is covered at no cost to you

- See your child's in-network PCP for this visit
- Your PCP is the main doctor you see for most of your care
- Remember to bring your child's member ID card to the visit



### Get help with your appointment

- From scheduling your child's next checkup appointment to finding a PCP, count on us to help your child get the care they need, as soon as they need it
- For questions, chat with Member Services through [myuhc.com/communityplan](https://myuhc.com/communityplan) or the UnitedHealthcare® app



### What to expect at the visit

1. Your child's PCP will complete a full exam and check height, weight, vision and hearing<sup>1</sup>
2. Be sure to talk about any health or behavior changes in your child and ask if other tests or shots are needed
3. Talk to your PCP about completing all shots and lead screening before your child turns 2
4. Let your child's PCP know about any of your child's health concerns

See the back side to learn more



## Other important steps for your health

- Remember the dentist. Starting at age 1, everyone should see the dentist twice a year for a checkup and cleaning.
- Talk to your child's PCP about what illnesses they may be at risk for.
- Help your child get plenty of physical activity and make healthy food choices.



## More ways we can help

- **NurseLine.** Questions about your health? Speak with a registered nurse 24/7. Call **1-866-827-9019**, TTY **711**.
- **Well visits.** Routine shots and tests can help keep you healthy.

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UnitedHealthcare does not discriminate on the basis of race, color, national origin, sex, age or disability in health programs and activities.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free member phone number listed on your health plan member ID card, TTY 711, 8:30 a.m.-5:30 p.m., Monday-Friday.

ATENCIÓN: si habla español, hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

تنبيه: إذا كنت تتحدث العربية، فنتوفر خدمات المساعدة اللغوية مجاناً. اتصل على الرقم المجاني المدون على بطاقة هويتك.