



Keeping up with your child's checkups

The difference between well exams and sports physicals

Nothing is more important than the health of your family. That's why it's important your child get a checkup once a year, even if he or she doesn't feel sick. But knowing what kind of checkup to schedule can sometimes be confusing. So we're here to help:



What is a well exam?

A well exam includes the same full physical exam as a sports physical. But a well exam also checks your child's developmental, emotional and social health. This checkup should be scheduled each year, for children 5 years and older, and is at no cost to you.

At a well exam, you can expect your child's doctor to check the same things as in a sports physical, plus:

- Behavioral and developmental screenings
- Health history
- Immunization and lab work, if needed
- Nutrition and activity habits
- Preventive health
- Adolescent issues



What is a sports physical?

A sports physical makes sure your child is healthy enough to play sports. At this visit you can expect the doctor to check your child's:

- Blood pressure and heart health
- Height and weight
- Muscle and bone health
- Flexibility and strength
- Vision and hearing

Remember, your sports physical can be done as part of your well exam. Call your primary care provider (PCP) to set up your child's appointment today.



We're here to help

You can count on us to help your child get the care they need. Questions? Chat with Member Services through myuhc.com/communityplan or the **UnitedHealthcare app**.

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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.