



Annual Care Checklist

Preventive care screening guidelines and counseling services for kids

Get the care you need when you need it. Take this checklist with you to your child's next appointment.

A preventive health visit can help you see how healthy your child is now and help find any health issues before they become more serious. You and your doctor can then work together to choose the care that may be right for your child. Recommended preventive care services for kids will vary based on age and may include some of the following¹:

Annual Wellness Exams	Date Done
<input type="checkbox"/> Age-appropriate well-child examination.	
<input type="checkbox"/> Age-appropriate immunizations.	
<input type="checkbox"/> Weight assessment and counseling for nutrition and physical activity for ages 3-17.	
Once a Year	
<input type="checkbox"/> Flu shot.	
Annual Routine Physical Exam	
<input type="checkbox"/> Medical history for all kids through development.	
<input type="checkbox"/> Blood screenings for all kids.	
<input type="checkbox"/> Developmental screening for children under 3 years of age.	
As Recommended by Your Child's Doctor	
<input type="checkbox"/> Vision screening.	
<input type="checkbox"/> Hearing screening.	

As Recommended by Your Child's Doctor (continued)	Date Done
<input type="checkbox"/> Lead screening.	
<input type="checkbox"/> Fluoride varnish for all kids once teeth are present.	
<input type="checkbox"/> Oral health risk assessment for young kids.	
As Needed	
<input type="checkbox"/> Alcohol, tobacco and drug use assessments for adolescents.	
<input type="checkbox"/> Age-appropriate behavioral assessments.	
<input type="checkbox"/> Follow-up care for children prescribed ADHD medicine.	
<input type="checkbox"/> Blood pressure screening.	
<input type="checkbox"/> Weight screening and counseling.	
<input type="checkbox"/> Testing for kids at higher risk of tuberculosis.	

Not all kids need all of the services identified above. Not all services are listed. This is only a recommended list of screenings. Your doctor should give you information about your child's growth, development and general health and answer any questions you may have.

Topics to talk about with your doctor:

Getting Needed Care

- Concerns with getting the care, tests or treatments your child needs.
- Scheduling routine care appointments in advance.
- Where and how to get urgent care when your child needs it right away.
- Coordinating the care your child gets from other doctors or specialists.
- Trouble getting your child appointments with a specialist, if needed.

Prescription Drugs

- Any questions with the prescription medications your child is taking.
- Issues getting the medicines your child's provider prescribes.

Important Care

- Suggestions on how to improve your child's physical activity.
- Ways to help if your child is feeling sad or blue.

Tests and Treatments

- When you will get your child's results from labs, X-rays or other tests.

From scheduling your next checkup appointment to finding a doctor, you can count on us to help you get care and treatment as quickly as possible. If you have questions, please call Member Services at 1-866-270-5785, TTY 711.

UHCCommunityPlan.com/CA



¹ This is a list of suggested screenings. Coverage for these screenings (including how often they are covered) may vary by plan. If you have questions about your specific benefits or coverage details, please call Member Services.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premium and/or copayments/coinsurance may change annually.

Source: <https://www.healthcare.gov/preventive-care-children/>

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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, Monday through Friday, 7:00 a.m. to 7:00 p.m.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-270-5785, TTY 711.

注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-866-270-5785, TTY 711。