

Well-child Visits

At Aetna Better Health Kids, we're here to help your children live healthier lives. Three of the best ways for your child to stay healthy are:

- Regular wellness checkups
- Being physically active
- Making healthy food choices

Well-child visit schedule for infants, children and adolescents up to age 21

Even if children are not sick, they need to see the doctor regularly. Schedule your child's checkups at the following ages to see how they are growing and developing.

Newborn (usually occurs in the hospital after delivery)

- | | |
|------------------------|--------------------------------|
| • 3-5 days after birth | • 12 months |
| • 1 month | • 15 months |
| • 2 months | • 18 months |
| • 4 months | • 24 months |
| • 6 months | • 30 months |
| • 9 months | • Every year from ages 3 to 20 |

If your child has missed some well-child visits, talk to your child's doctor to schedule an appointment. Remember, these services are available at NO COST to you. These appointments will include services and tests that can find medical conditions early, when they are easier to treat. Some of the services included in these visits are:

- Complete physical exam
- Body mass index (BMI) to see if your child is at a healthy weight

- Your child's doctor can also offer resources about a healthy diet and exercise practices to help your child stay at a healthy weight
- Review physical and behavioral health development
 - Developmental Screenings will be performed at 9 months, 18 months, and 30 months
- Lead and Anemia screenings
- Vision exams
- Hearing exams
- Oral exams
- Immunizations (if needed)
- Laboratory tests (if needed)
- Answer any questions or concerns that you may have

Some things you can do to help your child stay at a healthy weight:

- Request healthier food choices for your kids when eating at restaurants - they deserve the best!
 - Request grilled, baked, or broiled lean meat, poultry, or fish (not fried)
 - Ask for side dishes like fruit, vegetables, beans, whole grain breads or cereal that are prepared without added fat and salt. Some of these can replace French fries as the side at no extra charge



Aetna Better Health® Kids

Schedule your Well-child checkup today

Call your child's doctor or health care professional today to make an appointment for a well-child checkup. Some doctors can even do well child checkups over the phone. Ask your child's doctor if they have available telephone appointments if you cannot make it in for a face to face visit.

If you don't have a primary care doctor for your child, call us at **1-800-822-2447 (TTY: 711)** to find a network provider. We can also give you more information about your child's medical benefits.

You can also contact our Special Needs Unit directly at **1-855-346-9828**. Our Special Needs Unit allows you to work with case managers and can:

- Help you learn about your child's health conditions
- Work with your Primary Care Provider (PCP), agencies and other organizations to get you the services and care you need
- These can include developmental delay and behavioral health services

Aetna complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-822-2447 (TTY: 711).

ATENCIÓN: Si usted habla español, los servicios de ayuda de idioma, sin ningún costo, están disponibles para usted. Llamar al 1-800-822-2447 (TTY: 711).

ВНИМАНИЕ: Если Вы говорите на русском языке, Вам предлагаются бесплатные переводческие услуги. Позвоните по номеру 1-800-822-2447 (TTY: 711).

[AetnaBetterHealth.com/Pennsylvania](https://www.aetna.com/betterhealth/pennsylvania)

©2020 Aetna Inc.

PA-20-09-121

Additional resources for you and your child

- PA CONNECT – this is a program that provides early intervention support and services for children ages birth to age five who may have developmental delays. PA CONNECT will work with your doctor to support your child's growth and development. For more information, call PA CONNECT at **1-800-692-7288**.



Aetna Better Health® Kids