



Your child is due for a Well-Child Visit



**Call your PCP and make
an appointment today!**



Babies

should have 6 Well-Child Visits before they are 15 months old.



Toddlers

should have 2 Well-Child Visits between 16 and 30 months.



Children, teens, and young adults

up to age 21 should have one Well-Child Visit a year.

Well-Child Visits

If you or your child are under 21 years old, Medi-Cal covers regular health checkups. These checkups are called Well-Child Visits. Going to these visits when they are scheduled helps the child stay healthy. This is different from other visits for sickness or injury.

Well-Child Visits help to make sure your child has their needed vaccines, and that they are growing and developing as expected.

Medi-Cal covers these services any time there is a need for them, even if it is not during your regular checkup. All of these services are at no cost to you.

Why have a Well-Child Visit?

Well-Child Visits allow your primary care provider (PCP) to keep a close eye on your child's overall health and development. The PCP is the doctor, nurse practitioner, or physician assistant who is in charge of your child's health care. The PCP will talk with you about how to keep your child healthy.

Well-Child Visits also help your PCP catch problems early, when they are easier to treat.

Medi-Cal covers the services needed to fix or improve any physical or mental health issue or illness.



Who can get a Well-Child Visit \$50 gift card?

You can get a gift card if you have had **6 or more** Well-Child Visits with a PCP in the first 15 months of your child's life.

To get a gift card:

1. You must schedule and go to Well-Child Visits within the time listed above.
2. You must be a member of SFHP at the time of the Well-Child Visit.
3. You can only get one gift card for Well-Child Visits in one year.

You don't have to send anything to SFHP. We will mail your gift card after you meet the requirements above. The gift card will be mailed to you 8 weeks after your 6th visit.

If you have questions you can call San Francisco Health Plan Customer Service Monday through Friday, 8:30am to 5:30pm at **1(415) 547-7800** or **1(800) 288-5555** (toll-free).

Make a List of Questions to Ask at the Visit

It is easier to remember questions when you write them down before the visit.

Before the Well-Child Visit, write down 3 to 5 questions you have.

This visit is a great time to ask the primary care provider any questions about:

- A health condition your child has (like asthma, allergies, or a speech problem)
- Changes in mood, or how your child acts
- Problems in school – with learning or with other children



Here are some questions you might want to ask:

- Is my child up to date on vaccines?
- How can I make sure my child is getting enough physical activity?
- How can I help my child eat healthy?
- How can I teach my child to use the Internet safely?
- How can I talk with my child about bullying?
- How can I help my child know what to expect during puberty?

Ask what to do if your child gets sick.

Make sure you know how to get in touch with a doctor or nurse when the office is closed. Ask how to get hold of the provider on call, or if there's a number you can call at night or on the weekend.



Your Child's Doctor Can Help

If your child might be due for a health visit, please call your child's primary care provider (PCP). The PCP is the doctor, nurse practitioner, or physician assistant who is in charge of your child's health care.

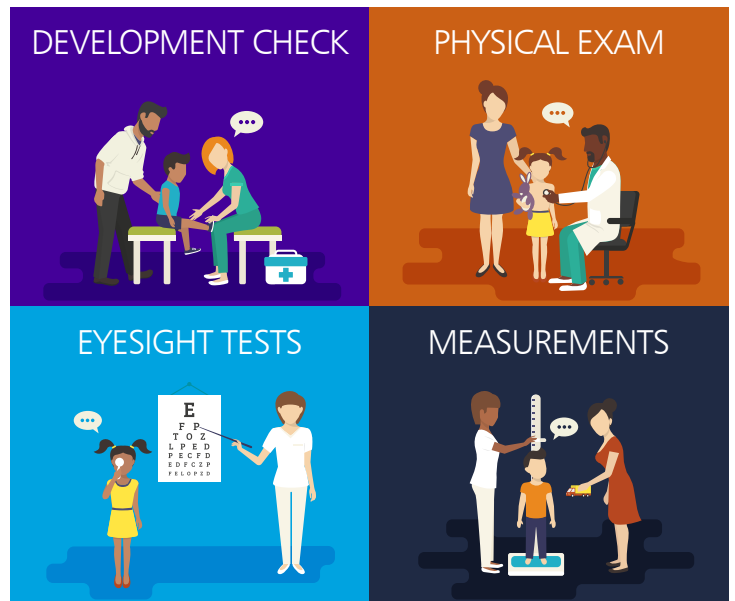
Your child's PCP can also help connect you to other resources for things like getting healthy food, mental health help, and other services to support your health. You can also talk with the PCP about support you need for your own health.

What happens during a Well-Child Visit?

The PCP will check your child and ask questions. This will help them learn about your child's health. They will also look for anything that might lead to problems with medical, dental, and mental health.

You and the PCP will also talk about how to help your child stay healthy. You will also have a chance to ask any questions you have about your child's behavior or development. You can ask any questions about your child's sleep, food, issues in school, or anything you would like to know.

Medi-Cal covers the services needed to fix or improve any physical or mental health issue or illness found during the visit.



Maternal Depression Screening

If you have recently had a baby and are bringing them in for their Well-Child Visit, the PCP can do a mental health checkup with you.

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Here's what will happen during a Well-Child Visit depending on your child's age.

	Birth-15 months 6 visits during this time	16-30 months Two visits during this time	3-10 years One visit each year	11-17 years One visit each year	18-21 years One visit each year
History: The primary care provider (PCP) will ask questions about your child's life and health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vaccines: The PCP can tell you if your child needs vaccines (shots) to prevent serious sickness. Vaccines also help protect the health of our community, especially people who cannot get vaccines.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical Exam: This will involve checking the child's body parts, like listening to the heart and lungs, and looking to make sure that everything looks healthy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Measurements: They will check things like the child's height and weight.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eyesight and Hearing Tests	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Development Check: The PCP will check to see how the child talks, hears, learns, and moves over time. The PCP can also help you learn about "developmental milestones." These are the new skills that children usually have by a certain age.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Developmental Screening: For younger children, the PCP will test to see how the child is learning new skills.	<input type="radio"/>	<input type="radio"/>			
Behavioral and Mental Health Check: The PCP will observe the child to learn about how the child is doing emotionally. They will also ask questions about the child's behavior.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Depression Screening				<input type="radio"/>	<input type="radio"/>
Tobacco, Alcohol, or Drug Use Screening: The PCP will talk with older children and young adults about alcohol, smoking, and drugs. This will include asking questions.				<input type="radio"/>	<input type="radio"/>
Screening Tests: Screening tests help find health problems before symptoms appear. The tests will screen for different health issues based on the age of the child.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lead Screening: Children age 6 and under may need to have levels of lead in blood checked, especially at 12 and 24 months.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
STI Screenings: The PCP will check if they are sexually active and for any sexually transmitted infections.				<input type="radio"/>	<input type="radio"/>
Dental Health Check: To see how healthy the child's teeth and gums are.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Flouride Varnish: The PCP puts flouride on the child's teeth to protect from tooth decay.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	