

# 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 provider 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 following<sup>1</sup>:

Annual wellness exams	Date
<input type="checkbox"/> Age-appropriate well-child examination	
<input type="checkbox"/> Age-appropriate immunizations (which may include the COVID-19 vaccine, talk to your child's provider about what is right for them)	
<input type="checkbox"/> Weight assessment and counseling for nutrition and physical activity for ages 3-17	
<input type="checkbox"/> Smoking and substance use assessments for adolescents	
<input type="checkbox"/> Age-appropriate behavioral health assessments	
<input type="checkbox"/> Blood pressure screening	
<b>Once a year</b>	
<input type="checkbox"/> Flu shot	
<b>Annual routine physical exam</b>	
<input type="checkbox"/> Medical history for all kids throughout development	
<input type="checkbox"/> Blood screenings for all kids	
<input type="checkbox"/> Developmental screening for children under 5 years of age	

As recommended by your child's PCP	Date
<input type="checkbox"/> Vision screening	
<input type="checkbox"/> Hearing screening	
<input type="checkbox"/> Lead screening to be completed by the age of 2	
<input type="checkbox"/> Fluoride varnish for all kids once teeth are present	
<input type="checkbox"/> Oral health risk assessment See your child's dentist 2 times a year for a cleaning and checkup	
<input type="checkbox"/> STI (sexually transmitted infection screening) for adolescents	
<input type="checkbox"/> Anemia screening	
<b>As needed</b>	
<input type="checkbox"/> Follow-up care for children prescribed ADHD medicine	
<input type="checkbox"/> Obesity 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 provider should give you information about your child's growth, development and general health and answer any questions you may have.

# Topics to discuss with your provider:

## 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 providers or specialists
- Difficulties 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 provider, 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 the number on the back of your member ID card.

[myuhc.com/CommunityPlan](https://myuhc.com/CommunityPlan)



<sup>1</sup> 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/>