

Why It's Important to Get a **Checkup** Every Year

Kids grow up so fast. Because of this, it is important to watch out for their health and wellness each year. It is just as important to get regular checkups each year when your child feels well in addition to when they are sick. We call these checkups well visits.

There are a few benefits to yearly well visits:

- **Build a Medical and Family History:** By having a well visit each year, your doctor will know your child's medical history, including past illnesses, injuries and medicines used. They will also be able to follow your child's health closely. Regular visits give your child's doctor the chance to find any problems early. This can prevent serious illness.
- **Prevent Injury and Illness:** We want your child to be healthy and safe and to prevent illness and injury. By focusing on your child's wellness, we can pay more attention to what your family does well. Sometimes we can help you do these things even better. This includes making sure your child gets their immunizations (shots) when needed to avoid certain diseases. Many times, your child's school (or sports team) will need your child's shot records. We will be able to provide the most up-to-date information for these forms.
- **Track Growth and Development:** In addition to the head-to-toe exam of your child, the well visit will allow us to talk about any emotional, developmental or social concerns you or your child may have. During this time we will talk to you about your child's growth, behavior, eating or sleep habits, any changes and more. Please bring your questions to us at these visits.
- **Screenings for Potential Problems:** During a well visit, we will screen your child's vision (eyesight) and hearing. We also look for risk factors that could impact long-term health. As your child becomes a teen, new screenings will be added around the issues of drinking, smoking, drugs, sex and depression.

What's the Difference Between a Sports Physical and Well Check?

If your son or daughter plays school sports, they will have to have a sports physical. The well visit (or sometimes called back-to-school exam) provides a full head-to-toe checkup of your child and all health aspects – physical, emotional, development and social. The sports physical typically only looks at your child's risk factor for that sport, and does not cover everything that a well check does.



PARTNERS
FOR **KIDS**SM

**Recommended Well Care Visits
From the American Academy of Pediatrics Bright Futures™**

Infancy	Newborn
	3-5 Days
	1 Month
	2 Months
	4 Months
	6 Months
	9 Months
Early Childhood	12 Months
	15 Months
	18 Months
	24 Months
	30 Months
	3 Years
	4 Years
Middle Childhood	5 Years
	6 Years
	7 Years
	8 Years
	9 Years
	10 Years
Adolescence	11 Years
	12 Years
	13 Years
	14 Years
	15 Years
	16 Years
	17 Years
	18 Years
	19 Years
	20 Years
21 Years	

