Birthday*News*

The Department of Medical Assistance Services, Children's Medicaid

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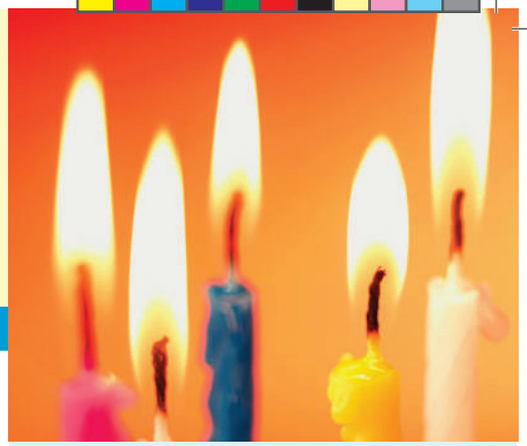

It's time for a well-child checkup

Remember, checkups are **free!**

Give your child the best gift of all – a well-child checkup!

Well-child checkups are important because they allow your doctor to make sure your child is healthy and growing well. They also give you a chance to ask questions and discuss any concerns that you have. Check-ups can detect and prevent health and social-emotional problems. Best of all, well-child checkups are free!

During middle childhood, your child's confidence will grow with new physical, mental, and social skills. This newsletter contains more information on your child's checkup as well as tips and resources that may help you during this time. We wish your family another year of health and happiness.

Checkup Schedule for Age 5 through Age 10

Schedule a checkup each year around your child's 5th, 6th, 7th, 8th 9th and 10th birthdays.

Even if you've missed a checkup, don't worry, make an appointment now!

What to expect at your child's checkup

Physical Exam

The exam includes vision, hearing and blood pressure screens.

Shots (Immunizations)

Shots can prevent serious health problems. If you've missed shots, your doctor can follow a "catch-up" schedule.

Developmental Assessment

Your doctor will ask how your child is doing at home and in school and how well your child gets along with others. Your doctor will also talk to you and your child about setting healthy routines for nutrition, physical activity safety, and sleep.

New Screenings

- Behavioral/Social Emotional Screening
- HBV Infection Screening 0-21
- Fluoride Varnish/Fluoride Supplementation

Dental Services for Age 5 Through 10

It's important to have a regular dentist to who will keep your child's teeth healthy. Call Cardinal Care Smiles to find a dentist and get information about your child's oral health and dental benefits. 1-888-912-3456.

Tips for 5 to 10 year olds

During this time, children become more active and independent. To succeed in school, make sure your child gets plenty of sleep. They need clear rules for safe behavior. Here are a few ways to keep your child safe at home and at play:

Safety Tips

- Use a car safety seat for all children until they reach the highest weight or height allowed by their seat. Once they are facing forward, children should use a forward-facing car safety seat with a harness for as long as possible, until they reach the height and weight limits for their seats.
- Teach your child street safety.
- Make sure your child wears safety gear when playing sports and always wears a helmet while biking.
- Teach your child to swim and set clear water safety rules.
- Remind your child never to talk with strangers in person or online.
- Lock away medications, household cleaners, and matches.
- Safely lock up firearms and ammunition separately or remove from the home.
- Change your smoke alarm batteries when daylight savings time begins and ends.

Children's Medicaid provides great benefits and covers children in families with low or no income, even if the children are covered by health insurance. Information is available at www.coverva.dmas.virginia.gov.

Social Development

Learning how to interact with others and develop relationships is an important skill that children develop during this time. Here are a few ways you can help:

- Praise your child and show affection.
- Spend time with your child.
- Encourage expression of feelings and teach ways to deal with negative feelings such as anger.
- Teach how to resolve conflicts.
- Promote friendships through team or group activities.
- Set limits and rules (bedtimes, homework, chores) and stick to them.

Nutrition and Physical Activity

Good nutrition and physical activity are important for your growing child. Here are a few ways you can help:

- Make sure your child has a good breakfast.
- Aim for five servings of fruits and veggies a day.
- Limit snacks that are high in fat and sugar such as candy, chips, and soda.
- Limit the amount of time your child watches TV, plays video games and surfs the internet.
- Be a role model - eat healthy and plan physically active family outings like bike rides and hikes.

Transportation

For Non-Emergency Medical Transportation to medical appointments or to pick up a prescription, check the back of your MCO Medicaid ID card for the telephone number. Additional Transportation information can be found at: https://www.dmas.virginia.gov/for-members/benefits-and-services/transportation-services/

If you are in Fee for Service, contact 866-386-8331.

Cardinal Care Correspondence Center
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