Birthday*News*

The Department of Medical Assistance Services, Children's Medicaid

Visit Cover Virginia at www.coverva.dmas.virginia.gov for more information.

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!

Early childhood is an exciting period of exploration and growing independence for your child. 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 Ages 3 and 4

Schedule a checkup each year around your child's 3rd and 4th 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 and blood pressure screens starting at age 3 and a hearing screen at age 4.

Your doctor will also test your child's blood for lead if it has not already been tested.

Shots (Immunizations)

Shots can prevent serious health problems. Your child will need many shots before starting school. If you've missed shots, your doctor can follow a "catch-up" schedule.

Developmental Assessment

Your doctor will ask you questions about your child's development, including their social and emotional development. These questions will also cover areas such as eating, sleeping, talking, playing, behaviors and emotions.

New Screenings

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

Dental Services for 3 and 4 Year Olds

It's important to have a regular dentist 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 3 and 4 year olds

Young children love to explore but they need an adult's watchful eye to stay safe.

Safety Tips

- Always use a child safety seat in the backseat of the car.
- Never leave your child alone in the car.
- Supervise all play near water, pets, streets, driveways, and anywhere your child can climb.
- Teach your child street safety.
- Use helmet for biking.
- Lock up medications and household cleaners.
- Empty bath tubs, buckets, and children's pools immediately after use.
- Safely store firearms and ammunition separately or remove from the home.
- Avoid choking hazards such as balloons and safely store small objects and plastic bags.
- Avoid hot oven doors, irons, wall heaters, and grills.
- Turn pot handles towards the back of the stove and keep hot food out of reach.
- Change your smoke alarm batteries when daylight savings time begins and ends.
- Cover electrical outlets.
- Keep cigarettes, lighters, ashtrays, and matches out of sight and out of reach.
- Before your child gets in the bath, check the water to see if it is too hot.

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.

Milestones

Every child is unique but here are a few skills to look for:

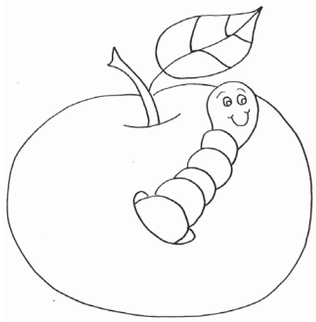
3 Years

- Rides a tricycle
- Knows name, age, sex
- Copies a circle and a cross
- Dresses self
- Shows a ride range of emotions

4 Years

- Can sing a song
- Knows reality from fantasy
- Talks about daily activities
- Can hop, jump on one foot
- Cooperates with other children

Talk to your doctor if you are concerned that your child is not reaching these milestones. For more tips on your child's health, visit www.vdh.virginia.gov/bright-futures



Color the apple for a healthy snack.

Need help providing your child with nutritious food?

WIC provides nutritional care and food assistance to eligible families, including special programs during the summer for children in child care. To apply, call your local health department or contact WIC at 1-888-942-3663 www.vdh.virginia.gov/wic

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.

Cardinal Care Correspondence Center
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Richmond, Virginia 23218

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ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-855-242-8282 (TTY:1-888-221-1590).
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-242-8282 (TTY: 1-888-221-1590).
ظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-855-242-8282 (رقم هاتف الصم والبكم: -1590-221-888-1).

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