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. Checkups can detect and prevent health and social-emotional problems. Best of all, well-child checkups are free!

During late childhood, your child will experience dramatic physical and emotional changes. Parents often wonder what they can do to help their child during this time. 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 Your Preteen or Teen

Schedule a checkup each year around your child's 11th, 12th, 13th and 14th birthdays.

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

What to expect at your child's checkup

Shots (Immunizations)

Shots given during this time may include:

- Booster shots
- Previously missed shots
- Yearly flu shot or reminder
- Your doctor may also talk to you about the HPV vaccine.

Developmental Assessment

Your doctor will ask questions and talk to both you and your child about the following:

- Home life
- School performance
- Peer pressure and bullying
- Safety and good health habits
- Nutrition and exercise
- Risky behaviors such as tobacco, alcohol and drug use and sexual activity.

During this time, your child may be more concerned about privacy. Your child or the doctor may want you to leave the room during the exam and may have things to talk about in private.

New Screenings

- Depresssion Screening/Suicide Risk
- Behavioral/Social Emotional Screening
- Sudden Cardiac Arrest/Sudden Cardiac Death
- HBV Infection Screening
- Fluoride Varnish/Fluoride Supplementation

Tips for 11 to 14 year olds

At this age, children are becoming more independent and making a lot of choices for themselves. They still need help from a loving adult to help them be safe and healthy.

- Remind your child to always wear a seatbelt when in the car.
- Know where your child is, and who they are with.
- Make sure your child eats a good breakfast and gets enough sleep.
- Aim for five servings of fruits and veggies a day, and limit sugary drinks.
- Encourage at least one hour of physical activity each day.
- Remind your child to be careful around strangers, and to always protect their privacy when online.
- It is important to talk to your child about hard issues like drugs, smoking, drinking, and sexuality. Start by finding out what your child knows and thinks about these topics, and then share yours.
- Teach your child the risks of using tobacco, alcohol, inhalents and drugs.
- Talk about how important it is to have friends who do not act in dangerous or unhealthy ways, and help find ways to avoid peer pressure.
- Discuss ways to prevent pregnancy and sexually transmitted infections, even if you have taught your child to delay sexual activity.

Dental Services for Preteens and Teens

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.

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.

Growth and Development

Every person is unique, but here are some common challenges that your child may face during this time period:

- Learning to manage feelings and moods.
- Changes in body and emotions from sexual development.
- Concerns about body image.
- Making good choices about being safe, and avoiding risky behaviors and situations.
- Acting more independently, but still respecting the needs and feelings of others.

Sudden changes in behavior, changes in friends, falling grades, or dropping out of usual activities can be signs of depression, bullying, substance abuse, or an unhealthy relationship. Talk to the doctor if you are concerned about your child's emotions or behaviors. A good resource for more information is www.samhsa.gov/topics.

For more tips on your child's health, visit www.vdh.virginia.gov/bright-futures.

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.

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