

Well-Care Visits



CONTRA COSTA
HEALTH

What is a well-care visit?

It's important to take your child to the healthcare provider when your child is ill. Or when your child needs an exam to take part in a sport. But routine well-care visits are also advised.

Well-care, well-baby, or well-child visits are routine visits to your child's healthcare provider for the following:

- Physical exam
- Mental health screening
- Immunization updates
- Tracking growth and development
- Finding any problems before they become serious
- Providing information on health and safety issues
- Providing information on nutrition and physical fitness
- Providing information on how to manage emergencies and illnesses



Your child's healthcare provider can also provide guidance on other issues, such as:

- Behavioral problems
- Learning problems
- Emotional problems
- Family problems
- Socialization problems
- Puberty and concerns about the teen years



When should well-care visits be scheduled?

Your child's healthcare provider will give you a schedule of ages when a well-care visit is suggested. The American Academy of Pediatrics advises well-care visits at the following ages:

- | | |
|--|--|
| <input type="checkbox"/> Before a newborn is discharged from the hospital, or at 48 to 72 hours of age | <input type="checkbox"/> 9 months |
| <input type="checkbox"/> 3 to 5 days | <input type="checkbox"/> 12 months |
| <input type="checkbox"/> 2 to 4 weeks | <input type="checkbox"/> 15 months |
| <input type="checkbox"/> 2 months | <input type="checkbox"/> 18 months |
| <input type="checkbox"/> 4 months | <input type="checkbox"/> 24 months |
| <input type="checkbox"/> 6 months | <input type="checkbox"/> 30 months |
| | <input type="checkbox"/> Each year, from 3 to 21 years |

Resources for Kids & Teens

We want your feedback.
Take our quick survey:
forms.office.com/g/san6bAmref



Here in Contra Costa County

If you have questions about your child's health, a vaccine, or a preventive test, you can call the Contra Costa Health Plan (CCHP) **Advice Nurse** at **877-661-6230** (TTY 711) to learn more. This is a toll-free number available to CCHP members 24 hours a day, 7 days a week, including holidays.

The following services are available in the county to help you manage your child's care.

Medi-Cal Dental



The Medi-Cal Dental program covers a lot of dental services, including check-ups, cleanings, and treatments.



Go to smilecalifornia.org, use the QR code, or call **800-322-6384** for dentists or more information.

Health Education

Contra Costa Health has resources to help you learn more about ways to protect your child's or teen's health.



Get access to health information, tips, classes, and more! Visit healthed.cchealth.org or scan the QR code.



Medi-Cal for Kids and Teens

Children, teens, and young adults (under age 21) **enrolled in Medi-Cal** qualify for free services and support to stay or get healthy. This includes:



- **Check-ups.**
- **Shots.**
- **Health screenings.**
- **Treatment for physical, mental, and dental health problems.**

California Poison Control

Keep your child and teen safe from chemicals and objects that can be harmful to their body and development. **For toll-free help from poison experts, call California Poison Control at 800-222-1222.**

Online Behavioral Health Services

Online behavioral (mental) health apps are available for children, teens, and families living in California.

- **BrightLife Kids** is made for parents or caregivers and kids from **0 to age 12**.
- **Soluna** is made for teens and young adults **ages 13 to 25**.

You can find it online at hellowbrightline.com or solunaapp.com. Get it in the Apple App Store and Google Play.