



## Time for a Well-Child Visit

It's summer! Your kids are out of school. They are outside playing, healthy, without a care in the world. On your list of things to do: Schedule a well-child doctor's visit.

What...schedule a doctor's visit? But my child isn't sick!

Even though your child is not sick, it is important to see the doctor for a well-child visit. Children three years and older need an annual checkup and babies need six check-ups before they turn 15 months old. This can help you make sure they are growing and developing right. This is also a good time for your child to get any shots he or she needs. Make sure to keep your child's shot records. Your child's school may request the records in order for your child to be enrolled.

During a well-child visit, the doctor checks not only physical development, but emotional, behavioral, and mental health as well. Check-ups allow you and your child to get to know the doctor. They also help the doctor to get to know you and your child. Don't be afraid to ask questions about your child's health. This is a great time to do so. Make a list of your questions, and bring them with you to the well-child visit.

Keep your child healthy, and beat the back-to-school rush. Call your child's doctor today to schedule a well-child visit.

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## Is there a difference between a yearly check up and a sports physical exam? *The answer is YES.*

### Yearly Check-Up

- Get Physical Exam
- Discuss Medical History
- Covers other topics like:
  - Healthy & Safe Habits
  - Social Responsibility
  - Family Relationships
  - Schooling Plans

*Can be used as a Sports Physical*

**Vs.**

### Sports Physical

- Get Physical Exam
- Discuss Medical History
- Does not count as your yearly check-up

*Is not covered by MIChild*

**So don't forget to schedule your yearly check-up and remember to bring the following with you to the visit:**

- Your immunization (shot) records
- Any questions or concerns you may have

## New Required Childhood Shots for Michigan Schools

There are some new shots that your child will **have to have** in order to attend school this fall.

- Children ages 4-18 years will need 2 shots of the Chickenpox (Varicella) vaccine unless he or she has medical proof of having the disease.
- Children ages 11-18 years will need 1 shot of the Meningitis (MCV4) vaccine. They will also need 1 shot of the Tetanus, Diphtheria, Pertussis (Tdap) vaccine if it has been five years since their last tetanus or diphtheria shot.

\*Talk to your child's doctor about which shots he or she may need\*



## Protect Your Family! Get Your Child Lead Tested

Every child needs a lead test when he or she is **12 months old and** again at **24 months** old. Children with high levels of lead can have severe health problems. They can have low IQ, poor attention span, hyperactivity or irritability, headaches, weight loss or slowed growth.

Here are 6 things you can do to protect your child from lead poisoning:

- Test children even if they seem healthy.
- Wash their hands often.
- Make sure children eat healthy low-fat foods

high in iron, calcium, and Vitamin C. Fatty foods help lead absorb more quickly.

- Test the home.
- Let tap water run 1 minute before using.
- Be careful when buying children's toys and jewelry from dollar stores.

Please call his or her doctor to schedule a lead test. Let's work together to keep our children healthy and safe!

## Unscramble the letters to form words from the articles in this newsletter.

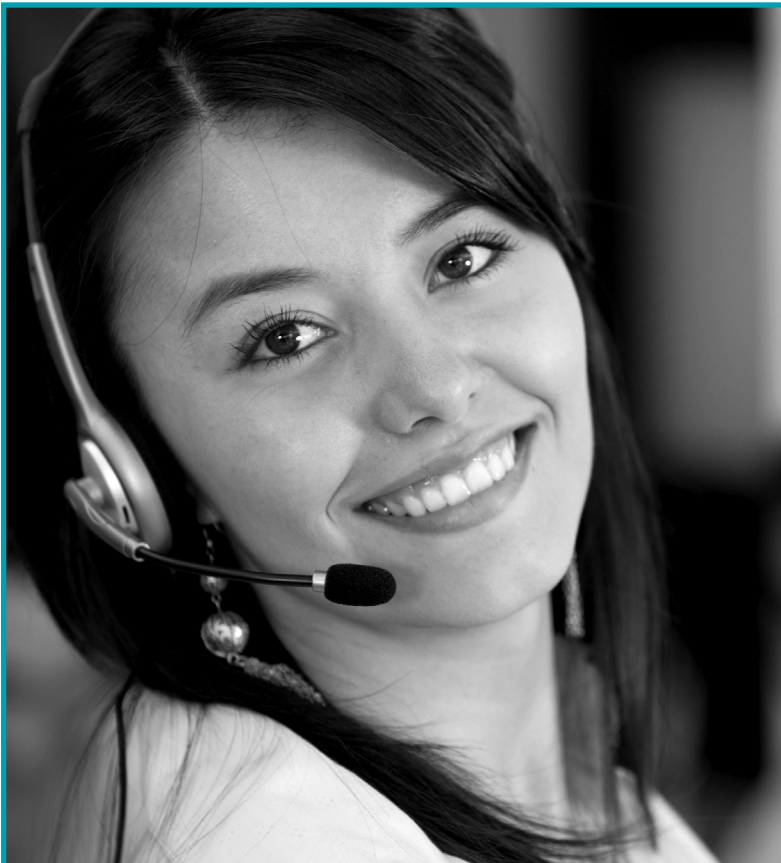
1. DEAL ESTT \_\_\_\_\_
2. OPTSRS \_\_\_\_\_
3. ELWL \_\_\_\_\_
4. TOHS \_\_\_\_\_
5. CTDOOR \_\_\_\_\_
6. MIALFY \_\_\_\_\_
7. SHAW NADSH \_\_\_\_\_
8. IIVST \_\_\_\_\_
9. LLAC DYTOA \_\_\_\_\_
10. LETHAHY \_\_\_\_\_

Answers: 1. LEAD TEST 2. SPORTS 3. WELL 4. SHOT 5. DOCTOR 6. FAMILY 7. WASH HANDS 8. VISIT 9. CALL TODAY 10. HEALTHY



100 West Big Beaver Road, Suite 600  
Troy, MI 48084

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## Questions about your health?

Call Our Nurse Advice Line!

English: 1-888-275-8750

Spanish: 1-866-638-3537

**OPEN 24 HOURS!**

Your family's health is our priority!

TTY (English): 1-866-735-2929

TTY (Spanish): 1-866-833-4703