



Need a ride?

You can call Member Services for your health plan at the number listed on the back to schedule a free ride. Please call at least three business days before your appointment.

Is your baby sick?

Your baby's doctor may have after-hour/urgent care appointments available.

If not, the 24-hour Nurse Advice Line is also available: (833) 514-1809

Have questions or need help finding a doctor?



Cardinal Care Managed Care Member Services

(800) 424-4518 (TTY: 711)

Email:

MCCVA@MolinaHealthcare.com

Web:

MolinaHealthcare.com/members/VA

ATENCIÓN: Si habla español, tiene servicios de asistencia de idiomas disponibles a su disposición. Llame al número incluido arriba.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 아래 표시된 번호로 전화해 주십시오주의:

This brochure is available for free in other languages and formats including online, in large print, Braille or Audio CD by calling Member Services at the number listed above.

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Remember your baby's well-visits too

Your baby needs regular doctor visits for the first two years

Handy checklist inside!



Healthy checklist – newborn and toddler

Call your baby's doctor and schedule a first well-baby visit.

The first two years of your baby's life are a crucial time of development. Babies need far more care than adults or older children. That's why regular well-baby visits are so important for your baby's health.

These well-baby visits help you:

- Track your baby's weight and growth
- Ensure your baby is developing normally
- Make sure your baby is eating well and getting enough nutrition
- Know what to expect and prepare for developmental milestones

Call 911 if you have a medical emergency.



Take this handy checklist with you to your baby's doctor. This will help make sure your baby gets the right care.

Recommended exams*	Age/Date
Weight and length, head circumference, complete physical exam, immunizations and vitamins, lab tests such as hemoglobin screening, assess development, address any questions, discuss safety	At birth: __/__/__ 1 week: __/__/__ 1 month: __/__/__ 2 months: __/__/__ 4 months: __/__/__ 6 months: __/__/__ 9 months: __/__/__
Same as above plus — Check for anemia, lead screening test	12 months: __/__/__ 15 months: __/__/__
Same as above plus — Assess toilet training readiness	18 months: __/__/__ 24 months: __/__/__

Immunizations		
Ages 0 – 2 yrs.	Vaccines	Date
2 months	Diphtheria/ Tetanus /Pertussis (DTaP), Polio (IPV), Hepatitis B, Haemophilus Influenzae type b (Hib), Pneumococcal (PVC), Rotavirus (RV)	
4 months	Diphtheria/ Tetanus /Pertussis (DTaP), Polio (IPV), Pneumococcal (PVC), Rotavirus (RV)	
6 months	Diphtheria/ Tetanus /Pertussis (DTaP), Rotavirus (RV), Flu	
6-18 months	Hepatitis B, Polio	
12-15 months	Measles/Mumps/Rubella (MMR), Varicella (Chicken Pox), Pneumococcal (PVC), Haemophilus Influenzae type b (Hib)	
12-23 months	Hepatitis A (2 doses), Flu	
15-18 months	Diphtheria/ Tetanus /Pertussis (DTaP)	

*These guidelines apply to healthy babies in the general population only. Your child's health care needs may change based on their own medical history, family history, along with their physician's professional opinion.