



## 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 children's well-visits too

Don't wait until your child is sick to go to the doctor

Handy checklist inside!



## Need a ride?

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

## Is your child sick?

Your child's doctor may have afterhour/urgent care appointments available.

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

# Healthy checklist – kids

## Call your child's doctor and schedule his or her yearly well visit.

You take your child to the doctor when he or she is sick, but yearly well visits are just as important for your child's health.

These well visits help you:

- Prevent illness and disease
- Track your child's growth and learning
- Ask questions and talk about concerns
- Work with your child's doctor as a team
- Talk about medications your child is taking

**Call 911 if you have a medical emergency.**



**Take this handy checklist with you to your child's doctor. This will help make sure your child gets the care he or she needs.**

Doctor visits*		
Test or screening	When	Date
Body Mass Index (BMI) with height & weight	Every year	
Blood pressure	Every year	
Vision and hearing	Every year	
Dental	Every year	
Chlamydia	Every year starting at 16 years	

Vaccines*		
Test	When	Date
Flu	Every year	
Tetanus/Diphtheria/Pertussis (Tdap/Tdap)	Once between 4 – 6 years & Once between 11-12 years	
Polio	Once between 4 – 6 years	
Measles/Mumps/Pertussis (MMR)	Once between 4 – 6 years	
Meningococcal	Once between 4 – 6 years & Once between 11-12 years & Once between 13-18 years	
Varicella (Chicken Pox)	Once between 4-6 years	
HPV	2 or 3 doses by 13 years	

\*Your doctor may suggest different tests, screenings, vaccines or timing based on your child's specific care needs.