



MedStar Family Choice

DISTRICT OF COLUMBIA

Well-child visits **matter!**



This program is funded in part by the
Government of the District of Columbia
Department of Health Care Finance.



GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

We got you!

Live well, live long!

As your healthcare provider, MedStar Family Choice District of Columbia is committed to supporting you and your child in living a healthy life so you can feel your best. This information will help you understand more about well-child visits.

Did you know you could receive a gift card?

Depending on your child's age, you may qualify to receive up to \$25 in gift card rewards for completing their well-child visit. To learn more and schedule an appointment, get in touch with a member of your Early and Periodic Screening, Diagnostic, and Treatment (EPSDT)/Well Child team. They will be happy to answer your questions, help you with making an appointment, and if needed, assist you with finding a well-child healthcare provider.



What is a well-child visit?

Well-child visits are preventive checkups performed by your child's doctor near your child's birthday, or at any point in the year. During these visits, your child's doctor or healthcare provider can look for any potential health issues and treat them before your child gets sick. This includes providing vaccines that are necessary for your child to attend school.

Please make sure to bring a copy of the Universal Health Certificate to all well-child visits, lead screenings, and COVID-19 vaccinations. The Universal Health Certificate is available online at DCHealth.DC.gov/Service/School-Health-Services-Program



When do well-child visits start?

Well-child visits typically start shortly after birth. While there is a recommended schedule based on age, how often your child visits the doctor can also depend on their healthcare needs or risk factors. It's important to always speak with your child's doctor if you have any concerns about your child's health risks. Your child's doctor may provide a different screening schedule based on your child's risks for certain conditions.

For children ages 0-24 months, the following well-child visit schedule is recommended:

- Newborn
- 3-5 days
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months

From ages 2-21 years, well visits are recommended once per year. These can be scheduled near your child's birthday, or at any point in the year.



What happens during a well-child visit?

Well-child visits offer you an opportunity to receive information on providing the best possible care for your child's health and well-being.

Depending on your child's age, they may receive a:

- Physical exam (full body)
- Hearing, speech, and vision screening
- Vaccines/shots
- Dental and oral checks
- Other screenings/tests such as body mass index (BMI), weight, height, blood pressure, blood tests for lead, tuberculosis (TB)

Depending on your child's age, the doctor may talk about:

- Healthy nutrition
- Exercise, growth, safety, and healthy habits
- Brain development
- Emotional and mental health
- Any learning or school issues
- Family and home living issues

Need a ride to your upcoming appointment?

We got you! Let us help get you there at no cost! Schedule your ride 24/7 by calling Access2Care Transportation Services at **866-201-9974** or call Enrollee Services at **888-404-3549** for assistance.

Need help finding a provider?

We got you! Visit **MedStarFamilyChoiceDC.com**, and click on "For Enrollees" and then, "Find A Provider."

Feeling sick or need medical advice?

We got you! Call the free Nurse Advice Line at **855-798-3540**. Registered nurses are available 24 hours a day, 7 days a week.



Keep your child safe with vaccines

Vaccines are safe, and they work. They have been saving children's lives for many years. Altogether, vaccines can prevent 16 different types of disease. Children get vaccines at well-child visits, so it is important to make sure that your child goes to every visit that their doctor recommends. Getting vaccines at the right time can help keep your child from becoming very sick. Most vaccines are given by injections (shots). Talk to your child's doctor or healthcare provider about what shots they need at the following ages:

- Birth
- 1-2 months
- 4 months
- 6 months
- 12-18 months
- 2-3 years
- 4-6 years
- 11-12 years
- 13-18 years

Questions?

For more information or assistance scheduling well-child visits call us at **855-798-4244**. Select 1 for Enrollee Services, and then select 2 for an outreach representative. TTY users call **711**. Our office is open Monday through Friday from 8 a.m. to 5:30 p.m.

If you do not speak or read English, please call 888-404-3549 between 8:00 a.m. and 5:30 p.m. A representative will assist you.

Si no habla o lee inglés, llame al 888-404-3549 entre las 8:00 a.m. y las 5:30 p.m. Un representante lo asistirá.

Nếu bạn không nói hoặc đọc Tiếng Anh, vui lòng gọi 888-404-3549 giữa 8 giờ sáng đến 5 giờ 30 chiều. Một người đại diện sẽ hỗ trợ bạn

영어를 읽거나 말할 수 없다면, 오전 8시에서 오후 5시 30분 사이에 888-404-3549로 문의하십시오. 대표가 도움을 드릴 것입니다.

Si vous ne parlez pas ou ne lisez pas l'anglais, veuillez appeler le 888-404-3549 entre 8h00 et 17h30, un représentant vous répondra.

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MedStar Family Choice District of Columbia complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, ethnicity, age, religion, physical or mental disability, pregnancy, sex, sexual orientation, sexual stereotyping, marital status, gender, gender identity or expression, language, ability to pay, or socioeconomic status.



Scan the QR code to find out more about your MedStar Family Choice District of Columbia benefits.

MedStarFamilyChoiceDC.com/Enrollees/General-Benefits

It's how we treat people.



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WE ARE
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DC Medicaid HealthCheck Periodicity Schedule

Based on Recommendations from Preventive Pediatric Health Care from Bright Futures/American Academy of Pediatrics (AAP)

The DC HealthCheck Periodicity Schedule follows AAP health recommendations in consultation with the local medical community. The recommendations are for the care of children who have no manifestations of any important health problems.

Additional visits or interperiodic screens may become necessary if circumstances suggest the need for more screens, i.e., medical conditions, referral by a parent, Head Start, DC Public Schools, early intervention services, and programs. Developmental, psychosocial, and chronic disease issues may require frequent counseling and treatment visits separate from preventive care visits. Additional visits also may become necessary if circumstances suggest variations from normal.

If a child comes under care for the first time, or if any items are not done at the suggested age, the schedule should be brought up to date as soon as possible.

The recommendations in this statement do not indicate an exclusive course of treatment or standard of medical care. Variations, taking into account individual circumstances, may be appropriate.

The DC HealthCheck Periodicity Schedule shown on the right was last updated in October 2021 and can be found at DCHealthCheck.net/Resources/HealthCheck/Periodicity.html

