




AmeriHealth Caritas[™]
District of Columbia

WELL-CHILD CARE GUIDE



WELL-CHILD VISITS

Well-child visits, sometimes called HealthCheck visits, are routine checkups your child has with their doctor or another medical professional. Your child should have a well-child visit every year around the time of their birthday. These appointments help your child's provider diagnose and treat any potential health issues as early as possible. You will not be charged for a well-child visit.



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 www.dchealth.dc.gov/node/113622.

WHAT TO EXPECT DURING A WELL-CHILD VISIT

- Physical exam
- Growth and development check
- Hearing and vision screening
- Appropriate shots/vaccines
- Lab testing (Including blood lead levels)
- Mental health and risk behavior check
- Health education for parent and child

WELL-CHILD VISIT SCHEDULE

It is important that your child visits their provider at the following ages:

2-5 days old

1 month old

2 months old

4 months old

6 months old

9 months old

12 months old

Every year until age 21

After your child turns one year old, they should have an appointment with their pediatrician once per year.



VISION

Your child's provider will perform vision screenings and can refer your child to an optometrist if they need vision care.



HOW TO FIND A PROVIDER

You can find a provider by visiting www.amerhealthcaritasdc.com or by calling **Enrollee Services** at **1-800-408-7511**.



IMMUNIZATIONS

As your child reaches certain ages, they will need shots that help protect them from diseases. These shots are called immunizations. Your child's provider will know which immunizations your child is due for, including the seasonal influenza (flu) vaccine and the COVID-19 vaccines.

| Age | Immunization or Test | |
|------------------|--|---|
| Birth | <ul style="list-style-type: none"> - HepB #1 - Newborn metabolic/hemoglobin screening | |
| 2 months | <ul style="list-style-type: none"> - HepB #2 - DTaP #1 - RV #1 | <ul style="list-style-type: none"> - Hib #1 - PCV #1 - IPV #1 |
| 4 months | <ul style="list-style-type: none"> - DTaP #2 - RV #2 - Hib #2 | <ul style="list-style-type: none"> - PCV #2 - IPV #2 |
| 6 months | <ul style="list-style-type: none"> - HepB #3 - Hib #3 - DTaP #3 | <ul style="list-style-type: none"> - RV #3 - PCV #3 - IPV #3 |
| 12 months | <ul style="list-style-type: none"> - Hib #4 - MMR #1 - Varicella #1 - PCV #4 - HepA #1 - DTaP #4 | <ul style="list-style-type: none"> - Lead screening - Hemoglobin/hematocrit - Tuberculosis test if at risk |

KEY

- DTaP** Diphtheria, tetanus toxoid, and acellular pertussis vaccine
- Hep** Hepatitis vaccine
- Hib** Haemophilus influenzae type b vaccine
- HPV** Human papillomavirus vaccine
- IPV** Inactivated polio vaccine
- MCV4** Meningococcal conjugate vaccine
- MMR** Measles, mumps, and rubella vaccine
- PCV** Pneumococcal conjugate vaccine
- RV** Rotavirus vaccine
- Varicella** Chickenpox vaccine

| Age | Immunization or Test |
|----------------------------|---|
| 18 months | HepA #2 |
| 24 months | Lead screening |
| Every year | Beginning at 6 months, seasonal influenza (flu) vaccine as recommended each year |
| 3 – 6 years | <ul style="list-style-type: none"> - Blood lead test - Varicella #2 |
| 4 – 6 years | <ul style="list-style-type: none"> - DTaP #5 - MMR #2 - IPV #4 |
| 11 – 12 years | <ul style="list-style-type: none"> - HPV #1 (girls only) - MCV4 |
| 13 – 16 years | HPV #2 |
| 18 years or younger | MCV4 |

The above vaccination schedule was retrieved from the Centers for Disease Control website at <https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html>.



SCREENINGS

Screenings are tests that detect the presence of certain health risks or conditions. For example, lead exposure is a very dangerous health risk for children. Therefore lead screenings are recommended for children at 12 months old, 24 months old, and sometime between the ages of 3 and 6 years.



DENTAL

Teeth cleanings and other dental services help keep your child's teeth healthy and prevent common conditions, like tooth decay. Make sure you follow the recommended dental checkup schedule below.

If your child does not have a dentist, call Enrollee Services at 1-800-408-7511.

Birth – 1 year old

Your child receives dental services from their pediatrician

1 – 3 years old

Your child receives dental services from their pediatrician during checkups OR your child goes to the dentist once per year

3 – 20 years old

Your child goes to the dentist every six months (two times per year)



Please bring the Oral Health Assessment form to your child's dental visits.

The Oral Health Assessment form is available at www.dchealth.dc.gov/node/113622.

WE ARE HERE TO HELP



Call **Transportation Services** at **1-800-315-3485** to schedule a ride to and from appointments at no cost.



If you have questions or need assistance scheduling an appointment, call:

Community Outreach Solutions
Monday through Friday
8 a.m. to 6 p.m.
202-216-2318

EARN
\$50
IN REWARDS



HEALTHY REWARDS PROGRAM

TAKING CARE OF YOUR HEALTH HAS ITS REWARDS!

If you are between the ages of 9 and 20 and have an annual well-child visit, you will receive a \$50 gift card.*

For details, visit www.amerihhealthcaritasdc.com/healthyrewards.

*Certain limitations and restrictions may apply.

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English

If you do not speak and/or read English, please call **1-800-408-7511 (TTY 1-800-570-1190)**, available 24 hours a day, seven days a week. A representative will assist you.

Español

Si no habla y/o lee inglés, llame al **1-800-408-7511 (TTY 1-800-570-1190)**, línea disponible las 24 horas del día, los siete días de la semana. Un representante le ayudará.

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Tiếng Việt

Nếu quý vị không nói và/hoặc đọc Tiếng Anh, vui lòng gọi **1-800-408-7511 (TTY 1-800-570-1190)**, 24 giờ một ngày, bảy ngày một tuần. Sẽ có người đại diện hỗ trợ quý vị.

繁體中文

如果您不會講或讀英文，請致電 **1-800-408-7511 (TTY 1-800-570-1190)**，此電話每天 24 小時，每週 7 天開通。您將得到一位服務代表的協助。

한국어

영어를 말하거나 읽지 못하는 경우, 365일 24시간 이용 가능한 **1-800-408-7511 (TTY 1-800-570-1190)**번으로 전화하십시오. 직원이 도와드릴 것입니다.

Français:

Si vous ne parlez, ni ne lisez anglais, veuillez appeler au numéro **1-800-408-7511 (TTY 1-800-570-1190)**, disponible 24 heures sur 24, 7 jours sur 7. Un représentant pourra vous aider.

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