

A close-up photograph of a baby lying on a patterned blanket. A doctor's hands are visible; one hand holds the baby's foot, and the other uses a stethoscope to listen to the baby's chest. The baby is looking up with a curious expression.

# Why well-child checkups?





# It is important to keep your baby healthy and strong.

Taking your baby to routine well-child checkups with their pediatrician or health care provider is the best thing you can do to keep your baby's health on track. Also called well-child visits, these checkups happen from birth through age 18. However, the checkups during your baby's first two years are the most frequent and important. Use this guide to learn more about them and how they can help your child.

## Check up early and often.

Most of your child's checkups will take place within their first two years. The first three take place within your baby's first month. If you go to these early appointments, that's great! It means you already have your child on the right track. If not, don't wait to schedule an appointment with your baby's health care provider. It's never too late to get them in!

## Why are there so many visits?

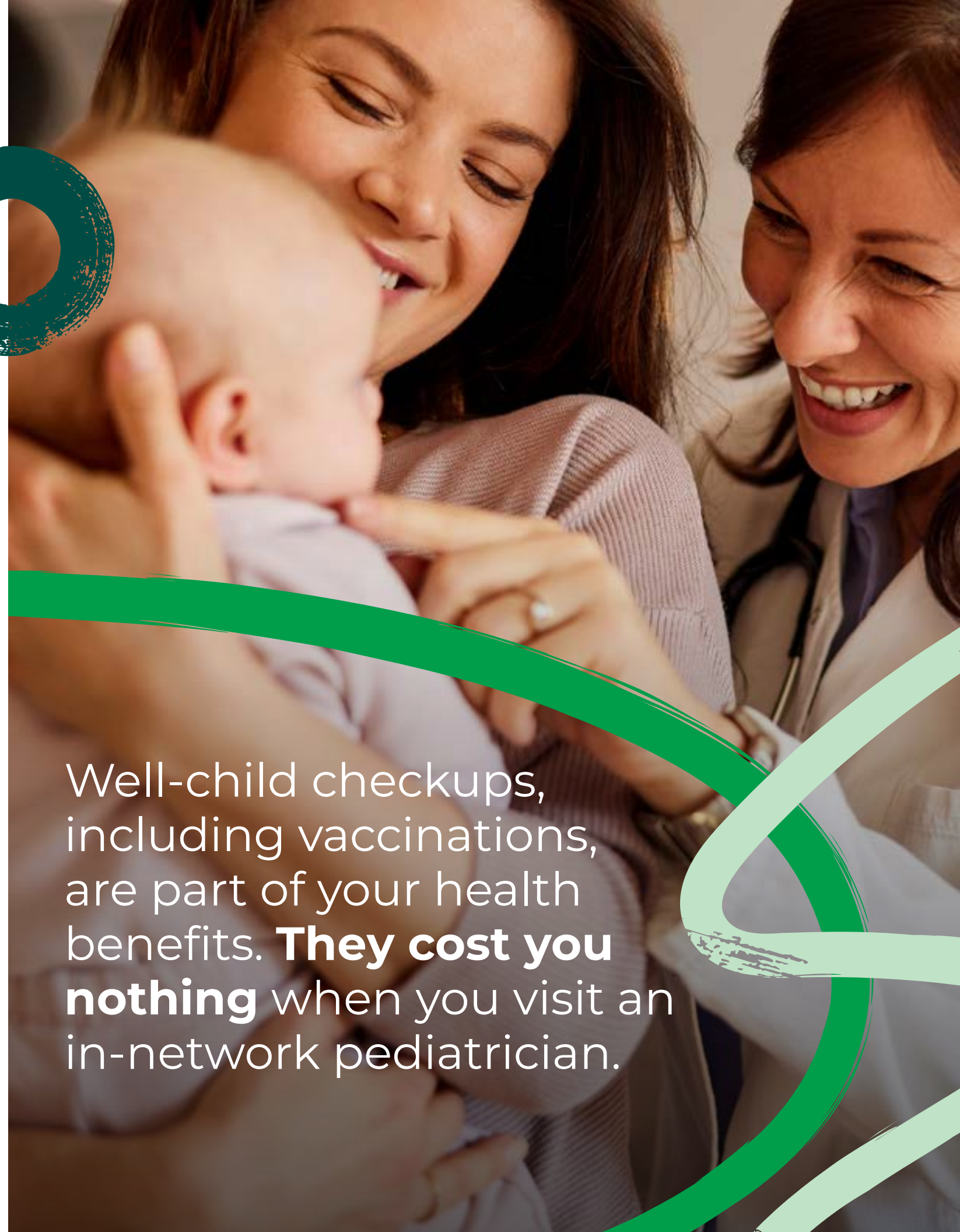
Right now, your baby is growing and developing every single day. With so many milestones to meet and vaccinations to receive, babies must see the pediatrician regularly. Routine appointments also help you identify any health concerns as early as possible when things are more treatable. Each of these early checkups may seem the same, but they are all important to your baby's health.

## Check baby's progress in 30 minutes or less.

Well-child checkups are 15 to 30 minutes long. Times can vary based on your provider's schedule and how well your baby cooperates. As your little one gets older, it is natural for them to resist medical exams, which can cause the checkup to take longer.



Well-child checkups, including vaccinations, are part of your health benefits. **They cost you nothing** when you visit an in-network pediatrician.





# Checkup Chart

Use this chart to see what may take place at each checkup.



## 4-month check up

### The provider may:

- Do a physical exam.
- Check baby's weight, length and head size.
- Compare baby's measurements to a growth chart.

### Should I expect vaccinations?

Yes. [Check the CDC's vaccination schedule here for details.](#)

### Things you may discuss with your child's pediatrician:

Teething, feeding, tummy time, skin care, sleep or any concerns you may have about baby's development.

### Milestones you may notice around 4 months:

- Baby may be able to hold their head up.
- Baby may be able to grasp objects and bring to mouth.
- Baby may start to babble.

### Something to try:

Take your baby on walks or car rides outside of your home. Point to and talk about people and objects around you.

## 6-month check up

### The provider may:

- Do a physical exam.
- Check baby's weight, length and head size.
- Compare baby's measurements to a growth chart.

### Should I expect vaccinations?

Yes. [Check the CDC's vaccination schedule here for details.](#)

### Screening tests may include:

- Hearing
- Blood lead levels
- Tuberculosis (TB)
- Others depending on risk factors

### Things you may discuss with your child's pediatrician:

Teething, feeding, tummy time, skin care, starting solid foods, sleep or any concerns you may have about baby's development.

### Milestones you may notice around 6 months:

- Baby may begin rolling and crawling.
- Baby may begin showing separation anxiety when you go out of their view.
- Baby may begin responding to sounds by making sounds.

### Something to try:

Encourage your baby by talking, reading, humming or singing with them.

## 9-month check up

### The provider may:

- Do a physical exam.
- Check baby's weight, length and head size.
- Compare baby's measurements to a growth chart.

### Should I expect vaccinations?

No, unless you are behind on the recommended vaccine schedule.

### Screening tests may include:

- Hearing
- Blood lead levels
- Others depending on risk

### Things you may discuss with your child's pediatrician:

Teething, feeding, tummy time, skin care, sleep, flu shot (depending on season) or any other concerns you may have about baby's development.

### Milestones you may notice around 9 months:

- Baby may begin balancing, standing alone or taking a few steps.
- Baby may begin understanding multiple words or saying basic ones like "mama" or "dada."
- Baby may begin picking up solid foods to feed himself or herself.

### Something to try:

Encourage your baby's learning. Describe what you are doing during bath or feeding time and read to your baby before bed.



## 12-month check up

### The provider may:

- Do a physical exam.
- Check baby's weight, length and head size.
- Compare baby's measurements to a growth chart.

### Should I expect vaccinations?

Yes. [Check the CDC's vaccination schedule here for details.](#)

### Screening tests may include:

- Hearing
- Blood lead levels
- Anemia (low red blood cell count)
- Autism
- Other tests depending on risk

### Things you may discuss with your child's pediatrician:

Feeding, napping, physical or emotional development, or any other concerns.

### Milestones you may notice around 12 months:

- Baby may begin taking first steps or walking more regularly.
- Baby may begin pointing at or reaching for wanted things.
- Baby may begin testing your reactions to their actions.

### Something to try:

Encourage your baby's imagination. Try playing pretend with dolls, blocks or household objects.

## 15-month check up

### The provider may:

- Do a physical exam.
- Check baby's weight, length and head size.
- Compare baby's measurements to a growth chart.

### Should I expect vaccinations?

Yes. [Check the CDC's vaccination schedule here for details.](#)

### Screening tests may include:

- Autism
- Other tests depending on risk

### Things you may discuss with your child's pediatrician:

Feeding, napping, physical or emotional development, or any other concerns.

### Milestones you may notice around 15 months:

- Your child may repeat your actions or words.
- Your child may show frustration while doing things.
- Your child may walk regularly or even begin to climb.

### Something to try:

Encourage your baby to solve simple puzzles.

## 18-month check up

### The provider may:

- Do a physical exam.
- Check baby's weight, length and head size.
- Compare baby's measurements to a growth chart.

### Should I expect vaccinations?

Yes. [Check the CDC's vaccination schedule here for details.](#)

### Screening tests may include:

- Hearing
- Blood lead levels
- Anemia
- Autism
- Other tests depending on risk

### Things you may discuss with your child's pediatrician:

Feeding, napping, physical or emotional development, or any other concerns.

### Milestones you may notice around 18 months:

- Your child helps to undress themselves.
- Your child does simple pretend gestures such as feeding a doll or cooking.
- Your child says 15-20 words or uses two-word sentences.

### Something to try:

Encourage your baby to help you with household chores like picking up or folding laundry.

## 24-month check up

### The provider may:

- Do a physical exam.
- Check baby's weight, length and head size.
- Compare baby's measurements to a growth chart.
- Check baby's BMI, or body mass index.

### Should I expect vaccinations?

No, unless you are behind on the recommended vaccine schedule.

### Screening tests may include:

- Hearing
- Blood lead levels
- Anemia
- TB
- High cholesterol
- Autism
- Other tests depending on risk

### Things you may discuss with your child's pediatrician:

Feeding, flu shot (depending on season), napping, physical and emotional development, or any other concerns.

### Milestones you may notice around 24 months:

- Baby may begin having temper tantrums.
- Baby may begin repeating words they hear in conversation or on TV.
- Baby may begin describing what you are doing from time to time.

### Something to try:

Explain what you are doing throughout the day and describe what your child is doing while playing and eating.





## Vaccinations can protect your baby.

Along with routine exams, important vaccinations can take place during your child's checkups. They are highly recommended by pediatricians and the CDC (Centers for Disease Control and Prevention).

**Why are they recommended?** Because vaccinations protect your baby at an early age and help them stay healthy throughout their entire life.<sup>1</sup>

Get the most up to date vaccination details directly from the CDC [here](#). You can download and print this resource to ensure you're staying up to date with the vaccination schedule. If you have any questions, talk to your child's provider at their next checkup.

## What can I expect to pay for my baby's well-child checkups?

Your health plan's no-cost preventive care benefits include well-child checkups. That means no cost to you. Even if your health plan requires a copay for regular visits to the doctor, there is no copay for well-child checkups.

## Additional care may cost money.

All well-child checkups are included in your plan. However, you may get a bill or pay a copay if your child's health care provider orders additional tests or treatment for any condition or diagnosis detected during the checkup. Associated costs depend on your plan type.

## Looking for your plan details?

If you're not sure about copay or out-of-pocket costs associated with your plan, we can help. Find all your plan details quickly and easily in your Priority Health member account.

Click [here](#) to get started.

## Seeing the doctor plays a big role in your little one's health.

The amount of well-child checkups may seem overwhelming, but they are all important. There is no better way to keep track of your baby's progress, build trust with your child's health care provider, and take advantage of your Priority Health benefits, than attending routine well-child checkups.

Remember, you are investing in your baby's health with every visit. Call your child's health care provider's office today to schedule your baby's next checkup.

## Need a doctor?

If you are still looking for the right provider for your child, Priority Health can help. Use the Find a Doctor tool in your [member account](#) to search for in-network providers near you.

## Have more questions?

We are always happy to assist with your health benefits. If you need help navigating your health plan, simply call the number on the back of your member ID card.

