



Checkups are important.

It's important to schedule regular checkups with your child's doctor. It will help make sure your child is healthy.

What happens at checkups:

- Physical exam.
- Shots to protect against illness.
- Hearing and vision tests.
- Lead screening and other lab tests.

What the doctor will talk about:

- How your child is growing and changing.
- Questions about your child's health.
- Visits to other doctors if special problems are found.

✓ **FACT** Checkups will help you know if your child is growing and developing as he or she should be.

✓ **FACT** The doctor will answer your questions about your child's health — and talk about anything that's worrying you.

✓ **FACT** Babies should follow the checkup schedule (right) to keep on track for important shots.

✓ **FACT** Regular checkups are important for kids of all ages.

Follow the Checkup Schedule.



Member Services **1-866-270-5785, TTY 711**,
Monday to Friday, 7 a.m. to 7 p.m.



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About Child Checkups and Immunizations





Disease protection.

Immunizations (shots).

- Prevent babies and children from getting very serious illnesses.
- Are recommended by experts at the Centers for Disease Control.

Keep track of shots.

- Get a special immunization record card or booklet. You can get these from your child's doctor.
- Bring it to each checkup. Ask the doctor to write down which shots were given and the date. Keep it in a safe place.



- ✓ **FACT** It is OKAY for babies to have more than one shot at a time.
- ✓ **FACT** Breast milk does NOT protect babies from getting these diseases. All babies should get their shots.
- ✓ **FACT** If your child misses getting a shot they DON'T have to get all the shots over again. Make an appointment with the doctor as soon as possible. They will make a new schedule.
- ✓ **FACT** Stay up-to-date on your child's shots by going to ALL their doctor checkups. There will be up to 10 checkups before they are 2 years old.

Abbreviation or Medical Name of Shot	Disease the Shot Protects Against	Complications that shots prevent
Varicella	Chickenpox	Infected blisters, brain swelling, pneumonia, death
DTaP	Diphtheria Tetanus Pertussis (whooping cough)	Diphtheria: Breathing problems, paralysis, death Tetanus: Lockjaw, problems breathing, death Pertussis: Pneumonia, death
Hib	Haemophilus influenzae type b	Infection of the covering of the brain and spinal cord, breathing problems, death
HepA	Hepatitis A	Liver failure
HepB	Hepatitis B	Liver infection, failure or cancer
Flu	Influenza	Pneumonia
MMR	Measles Mumps Rubella	Measles: Brain swelling, pneumonia, death Mumps: Infection of the covering of the brain and spinal cord, deafness Rubella: Very serious for pregnant women-can lead to stillbirth, premature birth and birth defects
IPV	Polio	Paralysis, death
PCV	Pneumococcus	Infection of the covering of the brain and spinal cord, blood infection, death
RV	Rotavirus	Severe diarrhea, dehydration