

The Well-Child Visit

What is a well-child visit?

Regular checkups are an important way to keep track of your child's health and physical, emotional, and social development. These visits are important for ALL children, including children and youth with special healthcare needs who may also be under the care of specialists. Think of these visits as your chance to learn as much as you can about the best ways to help your child grow. By focusing on your child's growth and learning, both you and your healthcare provider make sure your child is developing as expected.

What does the well-child visit include?

- Physical examination
- Age-appropriate topics
- Sports physical, if needed
- Immunization review
- Developmental assessment
- Complete health history evaluation

Perks

- Covered by most insurance with minimal (often zero) copay
- Forms completed for free (school, daycare, and camp physicals, etc.)
- Some insurance carriers offer rewards for regular checkups

To schedule a well-child visit, please use MyChart or call your child's primary care provider. Looking for a provider? Visit valleymed.org/doc or call 425.690.3535.



For your well-child visit, please bring:

- Any health updates
- Family history updates
- Any information from school or childcare to help your healthcare provider learn more about your child
- All the medications that your child takes, including vitamins and supplements
- Your questions or concerns



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