



Good health begins at birth

Checkups, also called a wellness visit, are a way to make sure your child stays healthy. Regular well visits with a Primary Care Provider (PCP) can help catch health issues before they turn into problems. Your child’s PCP will complete an age-appropriate exam and check height and weight. Talk about any health or behavior changes in your child and ask if any vaccines or preventative screenings including hearing, vision, lead, developmental are needed.

As a member of TennCare Kids, you child’s plan includes wellness visits for any child under 20 years old at no cost to you. It’s important to schedule your child’s well visits at the following ages, even if they don’t feel sick. You can check them off right here when they’re done.

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

If your child missed any of the visits or immunizations listed, please contact your child’s PCP today.

3 years and older should schedule a visit once a year.
On-time vaccinations throughout childhood is essential. It helps provide immunity before children are exposed to possible life-threatening diseases.

Important vaccinations	Recommended doses and ages
Hepatitis B (HepB)	3 doses: birth, 1-2 mos., 6-18 mos.
Diphtheria, tetanus, & acellular pertussis (DTaP)	5 doses: 2 mos., 4 mos., 6 mos., 15-18 mos., 4-6 yrs.
Inactivated poliovirus (IPV)	4 doses: 2 mos., 4 mos., 6-18 mos., 4-6 yr
Haemophilus influenzae type b (Hib)	4 doses: 2 mos., 4 mos., 6 mos., 12-15
Pneumococcal conjugate (PCV13)	4 doses: 2 mos., 4 mos., 6 mos., 12-15 mos.
Rotavirus (RV)	2-3 doses: 2 mos., 4 mos., 6 mos.
Hepatitis A (HepA)	2 doses: 12-23 mos.
Measles, mumps, rubella (MMR)	2 doses: 12-15 mos., 4-6 yrs.
Varicella (VAR)	2 doses: 12-15 mos., 4-6 yrs.
Meningococcal	2 doses: 11-12 yrs, 16 yrs.
Tetanus, diphtheria, & acelluar pertussis (Tdap)	1 dose: 11-12 yrs.
Human papillomavirus (HPV)	2-3 dose, 6-12 months apart: 11-12 yrs.
Influenza (Flu)	6 mos. - 8 yrs. who have received fewer than 2 influenza vaccine doses; then yearly

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Children and lead poisoning

Many children in the United States have high blood lead levels. This is also called lead poisoning. It can cause health problems that last a lifetime. No level of lead is safe. Your child should be tested for lead even if they seem healthy. Your child's PCP will begin to check your child for risk of lead exposure during the 6 month well visit. Lead blood tests should occur at the 12 and 24 month well visits. Every child should be tested by 6 years of age. If your child is between 3 and 6 and have never been tested, ask your PCP to test them right away.

Additional services available to your child up to the age of 20 at no additional cost

Dental

Starting at age one, or earlier if needed, children should see the dentist every six months for a checkup and cleaning. Call DentaQuest Tennessee at **1-855-418-1622** to schedule an appointment.

Vision

Children's eyes also need special care. Children can have their eyes checked and get eyeglass lenses and frames as medically necessary. To schedule an eye exam call March Vision at **1-888-493-4070**.

Hearing

Trouble hearing can affect a child's everyday life in many ways. Exams, therapy, tests and hearing aids are covered. To learn more call member services at **1-800-690-1606**.

Healthy First Steps

A voluntary free program for members who are pregnant to help them get a great start to a healthy pregnancy. To sign up, visit

UHCHealthyFirstSteps.com or call **1-800-599-5985**.

We're available Monday – Friday, 8 a.m. – 5 p.m.

Behavioral Health

Need help dealing with stress, anxiety, depression or other mental health issues?

Call **1-800-758-1638** for more information.

Transportation

Schedule a ride to and from an appointment at no cost to you. Call **1-866-680-0633**, TTY **711**.

In Nashville, call **1-615-248-0121**.

Question? We're here to help.

Call toll-free **1-800-690-1606**, TTY **711**
myuhc.com/CommunityPlan



Spanish/Español

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

Llame al 1-800-690-1606, TTY 711.

Kurdish/ کوردی

خزمهتگوزاری یهکانه ی اارمهتی زمان، بهخوړای، بۆ تۆ دهستهبهرکراوه. په یوه نډی بکه به
ی ئاگاداری: یهگهر به زمان ی کوردی قس دهکه ی ت، (TTY 711) 1-800-690-1606

Do you need help with your health care, talking with us, or reading what we send you? Call us for free at 1-800-690-1606, TTY 711.

We obey federal and state civil rights laws. We do not treat people in a different way because of their race, color, birth place, language, age, disability, religion, or sex. Do you think we did not help you or treated you differently? Then call UnitedHealthcare Community Plan at 1-800-690-1606 or TennCare 1-855-857-1673, TTY 711 for free.