

**Aetna Better Health® Kids
(CHIP) can help you to**

Schedule a well visit for your child



Visiting the doctor regularly (along with being physically active and making healthy food choices) is one of the best ways for your child to stay healthy. Even if children are not sick, they need to see the doctor regularly to see how they are growing and developing.

If your child has missed some well-child visits (check-ups), talk to their doctor to schedule an appointment.

Appointments will include services and tests that can find medical conditions early, when they are easier to treat. Your child's doctor can also answer any questions or concerns that you may have.

Services are available at NO COST to you

- Complete physical exam
- Body mass index (BMI) to see if your child is at a healthy weight
- Review physical and behavioral health development
 - Developmental screenings will be performed at 9 months, 18 months, and 30 months
- Lead and anemia screenings
- Vision exams
- Hearing exams
- Oral exams
- Immunizations (if needed)
- Laboratory tests (if needed)

Schedule well visits at these ages

- Newborn (usually occurs in the hospital after delivery)
- 3-5 days after birth
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- 30 months
- Every year, ages 3 to 20

AetnaBetterHealthKidsPA.com
1-800-822-2447 (TTY: 711)

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**Aetna Better Health® Kids
A CHIP Health Plan**

Schedule your well-child visit today

Call your child's doctor or health care professional today to make an appointment for a well-child checkup. Some doctors can even do well-child checkups over the phone. Ask your child's doctor if they have available telephone appointments if you cannot make it in for a face to face visit.

Find a doctor

If you don't have a primary care doctor for your child, call us at **1-800-822-2447 (TTY: 711)** to find a network provider. We can also give you more information about your child's medical benefits.

Enhanced Member Service Unit

Call **1-855-346-9828** to contact our Enhanced Member Service Unit directly. You can work with case managers to:

- Help you learn about your child's health conditions
- Work with your Primary Care Provider (PCP), agencies and other organizations to get you the services and care you need, including developmental delay and behavioral health services

Additional resources for you and your child

PA CONNECT

This program provides early intervention support and services for children ages birth to age five who may have developmental delays. PA CONNECT will work with your doctor to support your child's growth and development. For more information, call PACONNECT at **1-800-692-7288**.

Tips to help your child stay at a healthy weight:

- Request healthier food choices for your kids when eating at restaurants – they deserve the best!
- Request grilled, baked, or broiled lean meat, poultry, or fish (not fried)
- Ask for side dishes like fruit, vegetables, beans, whole grain breads or cereal that are prepared without added fat and salt. Some of these can replace french fries as the side at no extra charge.

This is general health information and should not replace the advice or care you get from your provider. Always ask your provider about your own health care needs. **Your managed care plan may not cover all your health care expenses. Read your member handbook carefully to determine which health care services are covered. Call Aetna Better Health® Kids at 1-800-822-2447 (TTY: 711).**

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ATTENTION: If you speak a language other than English, free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call 1-800-385-4104 (TTY/PA RELAY: 711) or speak to your provider.

ATENCIÓN: Si habla otro idioma que no sea inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. También, están disponibles sin cargo ayudas y servicios auxiliares apropiados para brindarle información en formatos accesibles. Llame al 1-800-385-4104 (TTY/PA RELAY: 711) o hable con su proveedor.

ВНИМАНИЕ: Если вы говорите на языке, отличном от английского, то вам доступны бесплатные услуги перевода. Соответствующие вспомогательные средства и услуги по предоставлению информации в доступных форматах также доступны для вас бесплатно. Звоните по номеру 1-800-385-4104 (TTY/PA RELAY: 711) или обратитесь к своему поставщику услуг.