

healthy choices



be well. be well.

# WELL-CHILD CARE VISIT

Well-child care visits are a crucial way to monitor your child's health and development. During these visits, your healthcare team will take measurements, conduct a thorough head-to-toe examination, update immunizations, and address any questions or concerns you may have. It's important to share your child's successes, milestones, developmental concerns, and any challenges you may be facing in your daily routines. These visits provide an opportunity to gather valuable information on how to best support your child's growth and well-being.

Even if your child is healthy, well-child visits are a good time to focus on your child's wellness. Talking about ways to improve care and prevent problems helps keep your child healthy.

At your well-child visits, you will get information on topics such as:

- Sleep
- Safety
- Childhood diseases
- What to expect as your child grows

Write down your questions and concerns and bring them with you. This will help you get the most out of the visit.

In-Network  
**100%**  
No copay or  
Deductible

Out-of-Network

Plan pays 60% of  
allowable charges  
after deductible



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# Keeping Kids Safe & Healthy During the Summer Months

The last days of school are behind us, and carefree summer days are ahead! Kids make many positive childhood memories during the summer months. However, research shows that kids' activity levels have been decreasing during the summer months, resulting in extended sedentary time and increased weight gain. Many summer activities can also cause injuries, leading medical and public health professionals to call summer "trauma season." So how can we keep kids active, safe, and healthy to create those great summer memories? Here are some summer safety tips to navigate this season's common, yet unique dangers.

## Pool Safety



### Safety Tips to Prevent Drownings:

- Always watch kids in and around the water and designate a water watcher.
- Teach children to swim or sign them up for swim classes.
- Properly fence all pools at least 4-feet in height around the perimeter of the pool/spa.
- Use a self-closing and self-latching gate.
- Stay away from drains and other pool openings.
- Know life-saving skills, including CPR for adults and kids.

## Bug Bites

### Take Steps To Prevent Bug Bites

- Use insect repellent (as directed) that contains DEET.
- Keep doors and windows closed.
- Be sure to check for insects on skin & clothing after spending time outdoors.
- Cover skin with items such as long pants, long-sleeved shirts, and closed toe shoes, especially in areas with tall grasses, brush or leaf litter.
- Should you get a bug bite, be sure to watch it carefully for signs of infection or illness.

