

healthy choices



live well. be well.

# WELL-CHILD CARE VISIT

## The benefits of well-child visits

Prevention. Your child gets scheduled immunizations to prevent illness. You also can ask your pediatrician about nutrition and safety in the home and at school.

## Tracking growth & development

Tracking growth & development. See how much your child has grown in the time since your last visit, and talk with your doctor about your child's development. You can discuss your child's milestones, social behaviors and learning.

## Raising any concerns

Make a list of topics you want to talk about with your child's pediatrician such as development, behavior, sleep, eating or getting along with other family members. Bring your top three to five questions or concerns with you to talk with your pediatrician at the start of the visit.

In-Network  
**100%**

No copay or deductible

**Out-of-Network**

Plan pays 60% of allowable charges after deductible

## Healthy start

Make sure your child is off to a healthy start before the new school year. Update his or her shot record and schedule a well-child care visit before the summer ends to ensure your child is safe, healthy and ready to learn!

Looking for a **pediatrician?**  
**Simply scan the QR code**  
**to visit our website.**



[WWW.655HW.ORG](http://WWW.655HW.ORG)



Growing up can be tough on teeth, but regular visits to the dentist for check-ups and cleanings help children develop great smiles.

## Top Tips for Healthy Little Smiles:

Tooth decay is the single most common chronic infectious disease affecting U.S. children.

At about age two, start brushing your child's teeth with a small pea-size drop of fluoride toothpaste.

When the first tooth erupts, at about age six months, clean your baby's teeth with a clean soft cloth or a baby's toothbrush and tiny drop (about the size of a grain of rice) of fluoride toothpaste.

As your child gets older let them brush themselves, but until about age six, put the toothpaste on the toothbrush for them.

Until about age six, you will need to help them brush. Try brushing their teeth first and then letting them finish.

### Preventive dental services include:

#### Periodic oral exams

*2 in any benefit period.*

#### Cleanings, scaling and polishing.

*2 in any benefit period.*

#### Routine X-rays

*1 in any benefit period.*

#### Fluoride treatments

*2 in any benefit period.*

**Delta Dental is a recognized leader in customer service. For questions relating to your member benefits call 800-335-8266 or email [service@deltadentalmo.com](mailto:service@deltadentalmo.com) to get in touch.**



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