



healthy choices

live well, be well.

WELL-CHILD VISITS

In-Network
100%

No copay
or deductible

Looking for a
Pediatrician?



The Benefits of Well Child Visits.

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



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.



Team Approach.

Regular visits create strong, trustworthy relationships among pediatrician, parent and child. Well-child visits are a way for pediatricians and parents to serve the needs of children. This team approach helps develop optimal physical, mental and social health of a child.



Supporting Kids Mental Health

Reminder that our children's emotional well-being deserves just as much attention as their physical health.

More children and teens today are struggling with anxiety, depression, and stress than ever before. While we can't shield them from every challenge, parents and caregivers play a powerful role in helping kids build resilience, confidence, and healthy coping skills that last a lifetime.

Here are 10 meaningful ways to support your child's mental health and help them thrive:

1. Prioritize Connection
2. Encourage Helping Others
3. Create Consistent Routines
4. Teach Healthy Ways to Manage Stress
5. Make Self-Care a Priority
6. Help Them Set Achievable Goals
7. Build a Positive Self-Image
8. Keep Hope Alive
9. Turn Challenges Into Learning Opportunities
10. Help Them Adapt to Change

Scan QR Code
to access your
Mental Health
Benefits.

Supporting your child's mental health doesn't require perfection. Being present, patient, and keeping communication open can make a lasting difference in their emotional well-being.

General mental health concerns:
Talk with your child's doctor or a
licensed mental health professional

Call or Text

988

Visit the 988 Suicide &
Crisis Lifeline Chat.

Free, Confidential, 24/7
Mental Health Support



JULY IS SAFETY Awareness Month

KNOW WHERE TO GO FOR CARE

COMMON SUMMER ACCIDENTS



Bug Bites / Stings 

- Trouble breathing.
- Swelling of Face, lips, or throat.
- Widespread hives or rash.
- Severe vomiting or diarrhea with other symptoms

- Large red, swollen areas
- Signs of infection (pus, warmth, increasing pain)

- Mild bites
- Itching
- Ongoing irritation



Pool Accidents 

- Near drowning
- Unconsciousness
- Trouble Breathing
- Chest Pain
- Severe head injury

- Cuts needing stitches
- Ear infections swimmers ear
- Mild concussion

- Follow up care
- Minor rashes
- Infection check



Bike Accidents 

- Head injury
- Loss of conscious
- Severe bleeding
- Broken bones

- Sprains
- Minor cuts
- Bruises
- Mild concussion

- Pain that continues
- Stiffness
- Follow up



Trips & Falls 

- Head injury
- Loss of conscious
- Severe bleeding
- Suspected Fracture

- Sprains
- Minor Fractures
- Cut needing stitches

- Sore muscles
- Mild strains
- Follow up care



Heat Related 

- High body temp
- Confusion
- Fainting
- No sweating

- Heat exhaustion
- Dehydration
- Nausea Dizziness

- Preventive Care
- Health questions
- Follow Up



NEED CARE FAST?
Scan the QR code to quickly find in-network care.

