



What to Expect at Your Child's Wellness Exam

An annual wellness visit provides a clear picture of your child's growth and development. Yearly checkup visits are a key part of the health care journey into adulthood and can help detect issues before they start. Here's what you can expect.

1

Height and Weight

Measuring your child's height and weight each year provides important markers for growth. The ratio of height to weight is a calculation called BMI, or body mass index, which is a key indicator of the body's overall health and development.

2

Review Medical History and Lifestyle

Talking with a doctor about your family's medical history and lifestyle reveals lots of important clues. Sharing health issues that run in a family can alert your doctor to preventive screenings that may help with early interventions.

3

Vitals, Vision and Hearing Tests

- 98.6F is the ideal body temperature. An elevated body temp can indicate disease or illness.
- Heart rate and blood pressure indicate how hard a child's heart is working while at rest.
- A hearing screening may be performed to test responses to sound and assess hearing loss.
- A vision screening can detect an issue in young eyes at the earliest stages when it's most treatable.

4

Wellness Exam

To evaluate physical and mental health, the doctor examines all body systems: heart, lungs, eyes, ears, mouth and skin. They ask questions to gauge social and emotional health by discussing hobbies, interests and even sleep patterns.

5

Managing Medications

If your child takes prescription medications or supplements, this is your opportunity to talk with the doctor about effectiveness, dosage, renewals, and any potential interactions with other biologics or medicines.

6

Vaccine Schedule

Vaccines protect. They're part of a child's health care journey through adulthood. Your doctor will review your child's vaccination schedule and administer immunizations and an annual flu shot, if needed.

Preparing for Your Visit

- **Become familiar with your health insurance.** Make sure your doctor is in-network and know what services are covered.
- **Write down a list of questions and bring it with you to the exam.**