

# watch me grow!

Watch me grow! is an early and periodic screening, diagnosis and treatment program offered by Virginia Premier Health Plan.

## Did you know...

All kids need well check-ups and immunizations as they grow, even if they are not sick.

## What are "well check-ups"?

Well check-ups are doctor visits that can help to detect and prevent health problems. Well check-ups are also a way to get all of your child's shots.

## How much do they cost?

As a Virginia Premier member, your child is eligible for free well check-ups.

## What happens when I sign up my child?

Our Medical Management team reminds Virginia Premier members to get well visits and immunizations done at various times over the year. You may receive a reminder by phone call/message or text message.

## When should my kid get these check-ups and shots?

Well check-ups and shots are recommended at the following ages:

- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- 30 months
- Yearly from ages 3-10

## Toddlers and young children

Your child's check-up may include a physical exam, shots (immunizations), developmental assessment, hearing screen and blood pressure.



## Children 5 to 10

Your child will receive a physical exam, shots and a developmental assessment. The doctor will discuss nutrition, physical activity, safety, home and school life with you and your child.



## 11-20 years Adolescents, Teens & Young Adults

See our Adolescent/Teen brochure at [www.vapremier.com](http://www.vapremier.com) or call our Medical Management department for a hard copy.

## The Lead Test

Your child will also need a Lead Screening (blood test) at his/her one year and two year check up. This is an important test to be sure your child does not have any lead in the blood, which could limit growth and development.



Call us at 1-800-727-7536 (press 3 for Medical Management) or visit us at [www.vapremier.com](http://www.vapremier.com) to learn about our immunization schedules.

## Contact Us

Monday - Friday, 8:00 am - 5:00 pm

By Phone

Call us toll-free: 1-800-727-7536, press 3 for Medical Management



[www.vapremier.com](http://www.vapremier.com)

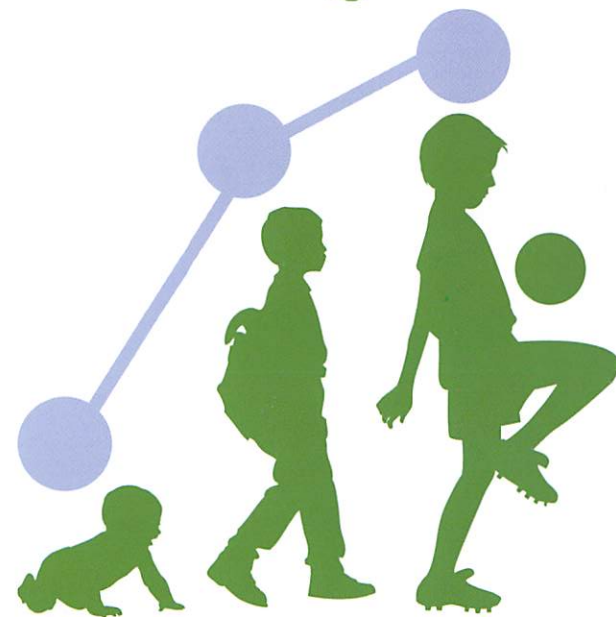
PO Box 5307 | Richmond, VA 23220



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watch me grow!



*We make healthy living easy!*<sup>sm</sup>

A preventative health program to support infants, children, adolescents and teenagers through their unique phases of growth and development.

**Birth to 10 years**