

Member Name _____ Parent/Guardian _____
DOB _____ Member ID# _____

watch me grow!

Join our preventative program and receive reminders to get your child's recommended shots and well check-ups!

How Can I keep My Child Healthy?

- ✓ Have the doctor assess your child's health, growth and development
- ✓ Have your child vaccinated to prevent disease
- ✓ Make your child appointments for check-ups & shots & keep them as scheduled
- ✓ Call Virginia Premier Health Plan, Inc. for transportation to and from appointments
- ✓ Keep a notebook of visits and write down questions you want to ask the doctor

Well-Child Visit Schedule - Birth to 24 months			
Age	Appointment Date	Questions to ask the doctor	Stamp/signature from doctor verifying the visits have been completed
1 or 2 months			
4 months			
6 months			
9 months			
12 months			
15 months			
18 months			
24 months			

Your child needs at least 8 well-child visits before 24 months!

To obtain your gift card, please return this form to Attention: Medical Outreach

(Fax) 1-800- 827-7192

(Mail) PO Box 5307 Richmond, VA 23220

(Email) healthyheartbeats@vapremier.com



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