



Contact Us

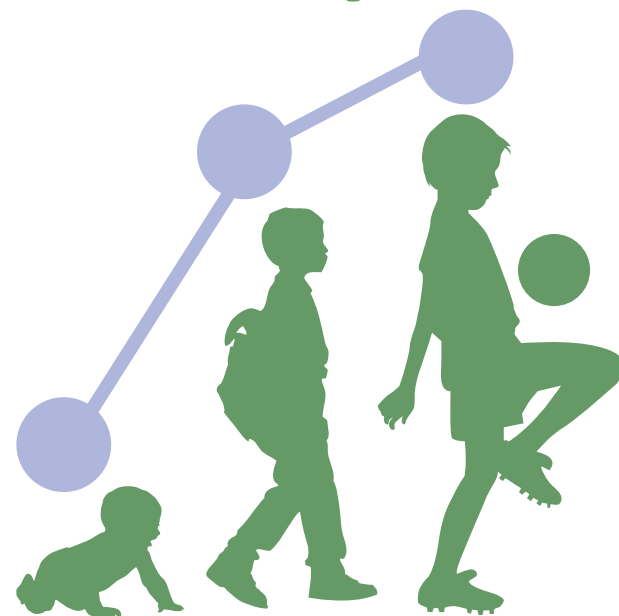
Monday - Friday, 8:00 am - 5:00 pm

By Phone

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



watch me grow!



We Make Healthy Living Easy!™

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

www.vapremier.com
P.O. Box 5307 | Richmond, VA 23220

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

Birth to 10 years

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.

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 throughout the year. You may receive a reminder by mail or by phone.

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
- 24 months
- 30 months
- Yearly from ages 3-10

Toddlers and young children

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



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 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.