

BirthdayNews

The Department of Medical Assistance Services, FAMIS Plus (Children's Medicaid)

It's time for a well-child checkup

Give your child the best gift of all – a well-child checkup!

Well-child checkups are important because they allow your doctor to make sure your child is healthy and growing well. They also give you a chance to ask questions and discuss any concerns that you have. Checkups can detect and prevent health problems. Best of all, well-child checkups are free!

During late childhood, your child will experience dramatic physical and emotional changes. Parents often wonder what they can do to help their child during this time. This newsletter contains more information on your child's checkup as well as tips and resources that may help you during this time. We wish your family another year of health and happiness.

Checkup Schedule for Your Preteen or Teen

Schedule a checkup each year around your child's 11th, 12th, 13th and 14th birthdays.

Even if you've missed a checkup, don't worry, make an appointment now!



What to expect at your child's checkup

Shots (Immunizations)

Shots given during this time may include:

- Booster shots
- Previously missed shots
- Yearly flu shots
- For girls, your doctor may also talk to you about the HPV vaccine.

Developmental Assessment

Your doctor will ask questions and talk to both you and your child about the following:

- Home life
- School performance
- Peer pressure
- Safety and good health habits
- Nutrition and exercise
- Risky behaviors such as tobacco, alcohol and drug use and sexuality

During this time, your child may be more concerned about privacy. Your child may want you to leave the room during the exam and may have questions to ask the doctor in private.

Dental Services for Preteens and Teens

Ask your child's dentist if your child's permanent teeth are lined up the way they should be. Call **Smiles For Children**, the Virginia Medicaid dental program to get tips and information about your child's oral health and dental benefits. 1-888-912-3456.



Safety Tips for 11 to 14 year olds

It may be difficult, but it is important to talk to your child about hard issues such as drugs, drinking, smoking, and sexual development. Most children will deal with peer pressure at some point and it is very important for your child to have an adult to talk to. Here are a few suggestions on how to talk to your child about these issues:

- If you find it difficult to talk about these issues, be honest and let your child know.
- Find out what your child knows and thinks about these issues and share your beliefs. Explain the reasons for your beliefs.
- Listen to what your child says and answer questions honestly and directly.
- Help your child find ways to resist peer pressure.
- Discuss the importance of choosing friends who do not act in dangerous or unhealthy ways.
- Talk about ways to prevent pregnancy and sexually transmitted diseases (STDs) even if you have advised your child to delay sexual activity.
- Teach your child about the dangers of smoking, alcohol, inhalants, and drugs.
- If you find it too difficult to have these conversations with your child, turn to a health professional or another adult you trust for help.

FAMIS Plus offers specific treatment services that can help Autism and other developmental delays. Visit our website at http://dmasva.dmas.virginia.gov/Content_pgs/mch-home.aspx to learn more about available EPSDT treatment services.



Growth and Development

Every person is unique, but here are some common challenges that your child may face during this time period:

- Learning to manage feelings and moods.
- Experiencing sexual development and shifts in body image.
- Learning to be safe and to avoid risky behaviors.
- Becoming more self-directed yet respecting needs of family and friends.

Sudden changes in behavior along with changes in friends and falling grades can be signs of depression or substance abuse. Talk to your health professional if you are concerned about your child's emotions or behaviors. A good mental health resource can be found online at www.mentalhealth.samhsa.gov

For more tips on your child's health, visit www.brightfutures.org and select *Bright Futures Family Materials*.

Transportation

If you need help with transportation, call your Transportation Reservations number 5 days ahead.



CoventryCares: 1-800-734-0430
Optima Family Care: 1-877-892-3986
Anthem Healthkeepers Plus: 1-877-892-3988
Virginia Premier: 1-800-727-7536
Amerigroup: 1-800-894-8139
Fee-for-Service: 1-866-386-8331

Refer to your member benefit description for more details about transportation coverage.

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HAPPY Birthday!

