

# Birthday*News*

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 the transition from childhood to adulthood, 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 Teen or Young Adult

Each year around your child's 15th, 16th, 17th, 18th, 19th and 20th 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

Keep reminding your child about healthy life long habits, like brushing and flossing twice a day. 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 15 to 21 year olds

Your child will experiment with new behaviors during the transition to adulthood. Sometimes your child may make mistakes or misjudge a situation. Here are a few safety tips to discuss with your child:

- Make sure your child knows who to call in case of emergency.
- Ask for details when your child goes out and request a phone call if plans change.
- Discuss your child's ideas for settling conflicts without violence.
- Explore safe, constructive ways to express anger.
- Talk together about the dangers of drugs, tobacco, alcohol, and risky sexual activity. If you are uncomfortable talking about these issues with your child, ask a health professional or other trusted adult to help you.
- Help your child plan ahead for uncomfortable situations such as feeling pressure to have sex or being offered a ride home from someone who has been drinking.
- Agree on rules for when and where your child can use the car.
- Be firm about safe driving rules such as always wearing a safety belt, minimizing distractions and obeying speed limits. Insist that your child never drink and drive.

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](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](http://www.mentalhealth.samhsa.gov).

*For more tips on your child's health, visit [www.brightfutures.org](http://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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