



WELL-CHILD EXAMS

3 to 10 Years Old



Is it time for your child to go to the doctor again? Although your child is getting older, his or her growth and development should still be closely monitored. The American Academy of Pediatrics suggests that you take your child for regular well-care exams. A well exam is one of the best ways to find physical, developmental, and emotional problems. It also gives the doctor a chance to offer education and answer questions that you may have. The Upper Peninsula Health Plan (UPHP) urges you to read the information below and schedule your child for a well-child exam.

Visits should be scheduled as follows:

****3 years** ****4 years** ****5 years** ****6 years** ****7 years** ****8 years** ****9 years** ****10 years**

What can you expect at your child's well exam?

A Physical Exam - A complete exam from head to toe

A Health and Developmental History -

- **Immunizations** will be reviewed and shots given according to schedule. Bring the shot record to *all* visits. Have the nurse or office worker make a copy for your child's health record. Tell your doctor if your child has had the chicken pox.
- **Growth, development, and behavior** will be assessed. Your child's provider will ask questions that depend on your child's age.

Screening Exams -

- **Weight and height** will be checked at every visit. The nurse or doctor will **graph** your child's measurements on a **growth sheet** and determine his or her body mass index (BMI). This will show if your child is growing at a normal rate.
- **Blood pressure** will be checked starting at age 3 and then at least yearly.
- **Vision** will be checked starting at age 3.
- **A hearing test** will be done starting at age 4.
- **A lead test** will be done on children 3-6 years of age who have not had a blood-lead test before.
- **Dental assessment** or dental referral will be done at 3 years and 6 years of age.
- **A blood test** to check your child's **hemoglobin and hematocrit** or a blood test for **cholesterol** may also be done if needed.

Education and Counseling -

- Health and safety information will be given to you. Such things as accident and poisoning prevention, nutrition, dental health, and preschool or school readiness will be discussed with you.

Questions That You May Have for the Doctor -

- Use this space to jot down your own questions. Take this form with you to your child's next visit.
