

When Should your Child Get Wellness Visits?

Babies need checkups at:

- ✓ 1 week
- ✓ 1 month
- ✓ 2 months
- ✓ 4 months
- ✓ 6 months
- ✓ 9 months
- ✓ 12 months

Toddlers need checkups at:

- ✓ 12 months
- ✓ 15 months
- ✓ 18 months
- ✓ 24 months
- ✓ 30 months

Young children need checkups at:

- ✓ 3 years
- ✓ 4 years
- ✓ 5 years
- ✓ 6 years

Older children, teenagers and adults (21 years and younger) need a checkup every year.

New Vaccination Requirements

Kids entering 7th grade this year must show proof of immunization. The guidelines apply to both public and private school students in Hawaii.

Starting fall 2020, all 7th graders must show proof of an up-to-date immunization record, including proof of the following vaccinations:

- Tdap (tetanus-diphtheria-pertussis)
- HPV (human papillomavirus)
- MCV (meningococcal conjugate)
- A physical exam within 12 months before the start of the school year

For more information: vaxtoschoolhawaii.com

Resources

Breastfeeding Hawaii
bfhawaii.org

Domestic Violence Action Center
domesticviolenceactioncenter.org
Oahu Helpline: 1-808-531-3771

Hawaii Mother's Milk
himothersmilk.org
1-808-947-6920

Healthy Mothers Healthy Babies
hmhb-hawaii.org
1-808-737-5805

Keiki Injury Prevention
kipchawaii.org/car-seat-safety

March of Dimes
marchofdimes.org

Need Medicaid Benefits

Apply online: medical.mybenefits.hawaii.gov

Call Med-QUEST Customer Service
toll-free 1-800-316-8005. TTY users can
call toll-free 1-800-603-1201 or dial 711

Health Plan

Contact Info

AlohaCare	1-877-973-0712 (toll-free) alohacare.org
HMSA	1-800-440-0640 (toll-free) hmsa.com
Kaiser Permanente	1-800-651-2237 (toll-free) kpinhawaii.org
'Ohana Health Plan	1-888-846-4262 (toll-free) ohanahealthplan.com
UnitedHealthcare Community Plan	1-888-980-8728 (toll-free) UHCCommunityPlan.com/HI

Making Healthy Choices for You and Your 'Ohana



An Independent Licensee of the Blue Cross and Blue Shield Association



KAISER PERMANENTE®



ALOHACARE



We are here to support you!

CAD_57149E State Approved 12072020

©WellCare 2020

OH20-105

HI0CADBRO57149E_0000



Healthy Choices for Family Planning

Are you pregnant or plan to be?

Plan pregnancy care before and during your pregnancy for a healthy mom and baby:

- See your doctor as soon as you think you might be pregnant
- Make sure you set up all of your prenatal visits
- Take your vitamins as directed by your doctor
- Eat a balanced diet to support baby's growth

Maintaining your health after having a baby is just as important!



Set-up your postpartum care visit as soon as you give birth. At this visit, your doctor will give you a physical. He or she will ask about your recovery and your baby. This is a good time to ask any questions you may have. You can ask about your recovery, birth control, breastfeeding, formula feeding or anything else you want to know.

Helping Your Children to Grow-Up Healthy

Taking your child to wellness visits is one of the best things you can do for your child's health. The visits allow the primary care provider (PCP) to check on your child's progress. Also, the PCP will run tests to see if there are issues that could affect your child's ability to grow and learn in school. If something is found, the PCP will provide follow-up care. Your child should have regular wellness visits to make sure he or she stays healthy.

Wellness visits can make sure children, teenagers and adults (21 years and younger) are on track in these areas:

- Dental
- Development
- Hearing
- Shots
- Lab tests
- Mental Health
- Healthy Foods
- Healthy Living
- Physical Exams
- Vision

