

### What is a Well-Child Checkup?

A well-child or well-teen checkup is a time for you, your child or teen, and your child's doctor to look at your child's overall health. This includes social, emotional, and physical well-being. At a well-child checkup, you will get answers to the following questions:



Is he hearing and seeing okay?



Is he up-to-date on his shots?



Is she developing properly?



Is she getting enough sleep?



Is it okay that he only wants to eat certain foods?



Is her behavior normal?

### When should my child or teen get well-child checkups?

- Newborn
- 3-5 Days
- By 1 Month
- 2 Months
- 4 Months
- 6 Months
- 9 Months
- 12 Months
- 15 Months
- 18 Months
- 24 Months
- 30 Months

After 30 months, children should receive a well-child checkup annually from ages 3-20.

## Three Things to Know

Before your well-child checkup, there are a few things you should know about transportation, scheduling your appointment, and what to expect during your visit.

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### **1** SoonerCare covers well-child checkups and well-teen at no cost to the member.

SoonerRide provides transportation to well-child and well-teen checkups for SoonerCare members. Please call at least three business days before your appointment to schedule your ride. Call 877-404-4500 to make a reservation. Visit [oklahoma.gov/ohca/sooneride](http://oklahoma.gov/ohca/sooneride) for more information.

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### **2** How to Schedule a Well-Child or Well-Teen Checkup

You can call your child's or teen's doctor at any time to schedule a well-child checkup. Call the doctor chosen as your child's SoonerCare primary care provider (PCP). If you are unsure of who your child's SoonerCare PCP is, please call the SoonerCare Helpline at 800-987-7767.

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### **3** What to Expect

- Ask questions about how your child is growing and developing
- Talk about how things are going for you as a parent
- Discuss your child's or teen's health history
- Review growth measurements

**If your child is not covered by SoonerCare, please contact your insurance provider for details regarding your well-child benefits.**

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#### WEBSITES

[oklahoma.gov/ohca](http://oklahoma.gov/ohca)  
[mysoonerCare.org](http://mysoonerCare.org)



#### PHONE

Admin: 405-522-7300  
Helpline: 800-987-7767