

Childhood Wellness

Give Your Child A Healthy Head Start



Community Health Plan

PO Box 11740 Eugene, OR 97440-3940

<Firstname Lastname>

<123 Street Name>

<Anycity, ST 12345>

[TrilliumOHP.com](https://www.TrilliumOHP.com)

You can get this letter in another language, large print, or another way that is best for you. You can also have a language interpreter. This help is free. Call 1-877-600-5472 (TTY/TDD 711).

Puede recibir esta carta en otro idioma, en letra grande o en el formato que sea mejor para usted. También puede tener un intérprete de idiomas. Esta ayuda es gratuita. Llame al 1-844-867-1156 (TTY/TDD 711).

Do you think Trillium Community Health Plan (TCHP) has treated you unfairly?

Trillium must follow state and federal civil rights laws. It cannot treat people unfairly in any of its programs or activities because of a person's:

- Age
- Color
- Disability
- Gender identity
- Marital status
- National Origin
- Race
- Religion
- Health Status
- Sexual orientation
- Sex

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-877-600-5472; TTY: 1-877-600-5473.

Español (Spanish): ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-600-5472; TTY: 1-877-600-5473.

Well-Child Visits

It's important to take your child to all their well-child visits. This helps make sure your child gets their health screenings and vaccinations (shots) on time. The American Academy of Pediatrics recommends this schedule for your child.

TIP: Well-child appointments can fill up fast. Try to schedule these visits 1-2 months in advance. Once your child turns 3 years old, take them to a well-child visit each year.

At these visits, their provider may check:

- Growth
- Eating and sleeping habits
- Safety
- Vaccinations (shots)
- Developmental milestones

The provider will also talk with you about any questions or concerns you have. You or you child could earn a \$25 gift card for completing their well-child visit, as well as a \$25 gift card for completing their dental check-up.

2023 Recommended Care Schedule for Children from Birth Through 6 Years Old

Birth	1 Month	2 Months	4 Months	6 Months	12 Months	15 Months	18 Months	24 Months	30 Months	4-6 years	
	Well-Child Visit	Well-Child Visit	Well-Child Visit	Well-Child Visit	Well-Child Visit	Well-Child Visit	Well-Child Visit	Well-Child Visit	Well-Child Visit		
HepB	HepB			HepB							
		RV	RV	RV							
		DTaP	DTaP	DTaP		DTaP				DTaP	
		Hib	Hib	Hib	Hib						
		PCV13	PCV13	PCV13	PCV13						
		IPV	IPV	IPV						IPV	
				Influenza (Yearly)*							
					MMR					MMR	
					Varicella					Varicella	
					HepA ^s						

Blue shaded boxes indicate the vaccine can be given during shown age range.

The American Dental Association recommends yearly dental check-ups starting at 12 months.

Have you noticed little teeth?

Once your child gets their first tooth, the American Academy of Pediatric Dentistry recommends they get dental check-ups each year. Kids usually get their first tooth at 12 months old.

Your dental provider is listed on your Trillium Member ID card.

DID YOU KNOW? Cavities are the most common chronic disease in young children. Cavities are five times more common than asthma.* Your child may get a fluoride treatment during their dental check-up. It only takes a few minutes. This is a part of your child's whole person care.

TIP: Your child may be able to get a fluoride treatment during their well-child visit with the doctor.

* The National Interprofessional Initiative on Oral Health (NIOH)

Q & A

Q: Does my child have to get so many shots?

A: The Centers for Disease Control and Prevention (CDC) has studied vaccine doses and combinations for a long time. The timing of vaccinations is based on a child's immune system and optimal timing for protection. You can also read more at www.cdc.gov/vaccines

Q: Does my child really need the flu shot?

A: The CDC recommends everyone 6 months and older get the flu vaccination (shot). The seasonal flu vaccine may not be available during your child's well-child visit.

Q: Should my child get the COVID vaccine?

A: Talk to your doctor. Your doctor can give you advice about the COVID vaccine.

Q: My child is healthy and doesn't need vaccines. Can I skip the well-child visit?

A: Even if your child doesn't need shots, you should still go to the well-child visit. Your child may get hearing screenings or eye exams. The doctor may also check your child's oral health. The doctor will also check social and emotional development.