

Well-Child Visits and Immunization Handbook: Birth to 30 Months

A resource for parents and guardians



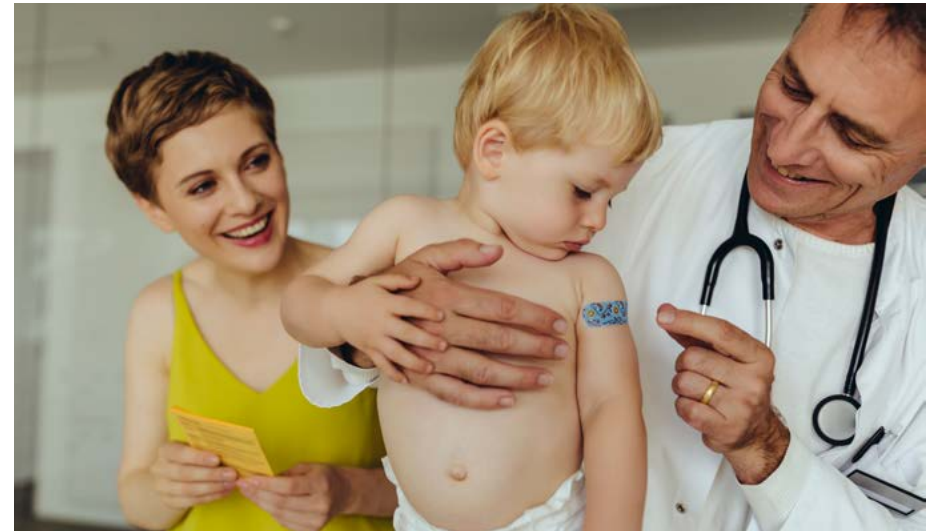
What's inside:

- Well-child visits schedule
- Immunizations
- Screenings
- Development and feeding
- Transportation information
- Medi-Cal enrollment information
- Medi-Cal health plan contact information
- Other resources



Your child's well-visit schedule: Birth to 30 months

- The first week visit (3 to 5 days old)**.....Page 6
- 1 month old**.....Page 8
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The benefits of well-child visits

- 1. Prevention.** Your child gets scheduled immunizations to prevent illness. You can also ask your pediatrician about nutrition and safety in the home and at school.
- 2. Tracking growth and development.** See how much your child has grown in the time since your last visit and talk with your doctor about your child's development. You can discuss your child's milestones, social behaviors and learning.
- 3. Raising any concerns.** Make a list of topics you want to talk about with your child's doctor, such as development, behavior, sleep, eating or getting along with other family members. Bring your top three to five questions or concerns to talk with the doctor.
- 4. Team approach.** Regular visits create strong, trusting relationships among your child's doctor, you and your child. The American Academy of Pediatrics recommends well-child visits as a way for pediatricians and parents to serve the needs of children. This team approach helps develop optimal physical, mental and social health of a child.

Transportation resources for Medi-Cal members

You can get transportation (rides) covered by your Medi-Cal health plan at no cost to you!

- This includes rides to any doctor's appointments, dental, mental health or substance use disorder appointments, and to pick up prescriptions and medical supplies.
- Your Medi-Cal health plan can help you get round-trip rides depending on your needs. This may include:
 - Rides by car, taxi, bus or train.
 - Bus passes and taxi vouchers.
 - Money back for driving your own car.

Call your Medi-Cal health plan to get a ride!



For information on how to schedule a ride, please scan this QR code.

Get to know your Medi-Cal choices

1

If you are new to Medi-Cal, **you need to choose a health plan.**

2

If you do not choose a health plan, Medi-Cal will choose one for you.

3

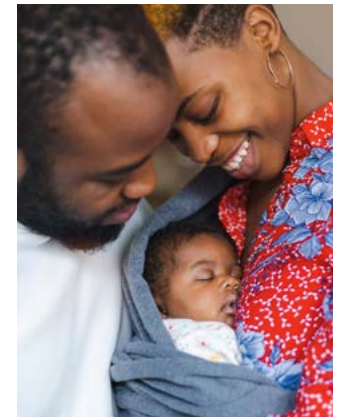
To get more information about a health plan, scan the QR code to the right to **visit the Medi-Cal Managed Care Health Care Options:**
HealthCareOptions.DHCS.CA.gov



The newborn gateway

If you are enrolled in Medi-Cal or the Medi-Cal Access Program (MCAP) and you give birth in participating hospitals or clinics, your doctor will help your baby enroll in health insurance coverage. If your doctor is not able to enroll your baby in coverage:

- **Medi-Cal members:** Report the birth information at BenefitsCal.com or call the County of San Diego Health and Human Services Agency at (866) 262-9881.
- **MCAP members:** Call to report the birth information at (800) 433-2611 or fax (888) 889-9238.



You should make an appointment for your child's first dental visit as soon as their first tooth comes in or by their first birthday, whichever comes first.



No-cost wellness resources

Medi-Cal Dental: Smile California

To find a dental home for you and your baby:

- Visit [SmileCalifornia.org](https://www.smilecalifornia.org)
- Call (800) 322-6384
TTY (800) 735-2922
Monday through Friday
between 8:00 a.m. and 5:00 p.m.



Healthy Children/AAP Growth Charts

<https://www.healthychildren.org/English/health-issues/conditions/Glands-Growth-Disorders/Pages/growth-charts-by-the-numbers.aspx>

CDC developmental milestones

<https://www.cdc.gov/act-early/milestones/index.html>

The American Academy of Pediatrics parenting website



Scan this QR code for parenting resources.



Scan this QR code to view the most up-to-date immunization schedules.

San Diego County Medi-Cal Plans



P R O M I S E

Blue Shield Promise Health Plan

(855) 699-5557; TTY: 711

BlueshieldCA.com/Promise



Community Health Group

(800) 224-7766; TTY: (855) 266-4584

CHGSD.com



Kaiser Permanente

(800) 464-4000; TTY: 711

Appointment and advice: (833) 574-2273 (toll-free)

KP.org/Medi-Cal



Molina Healthcare of California

(888) 665-4621

MolinaHealthcare.com

To learn more about a Medi-Cal health plan, visit Medi-Cal Managed Care Health Care Options at HealthCareOptions.DHCS.CA.gov or call (800) 430-7077.