



Well Child Visit

The purpose of the Well Child Visit (sometimes referred to as an annual physical) is to assess your child's growth and development and to provide information about health and safety. Well Child Visits are incredibly important in promoting the physical, mental, and social health of infants, children, adolescents and young adults. Regular Well Child Visits help parents, children and physicians:

- Identify and address concerns of parents and patients
- Identify and address possible concerns in the child's environment that may affect parenting and the child's well-being
- Identify and address developmental, behavioral, and health concerns that are identified through measurements, screens, tests, history, and physical examination at the visit
- Follow up on prior, ongoing or any new conditions or concerns
- Provide information, guidance and resources
- The most important purpose is developing a trusting, caring relationship between parents, children and their healthcare team.

What should I expect at this visit?

Your child will receive a developmental screening and physical exam.

Depending on age, a Well Child Visit usually includes:

- Height, weight and blood pressure measurements
- Vision Test (please bring glasses)
- Review of your child's medical and family history
- Nutrition and exercise counseling
- Child safety counseling
- Immunization
- Gender Identity and Sexual Orientation - For both adolescents and adult patients, gender identity, sexual orientation and sexual health are also discussed in order to provide comprehensive health services.
- Patients aged 11 and older may be given the chance to speak with their provider privately, without a parent/guardian present. This provides an opportunity for them to develop a healthy and confidential patient/provider relationship where they can take ownership of their health and wellness.

State of Michigan laws say adolescents and teens have a right to confidential healthcare in certain areas. You may ask to have a medical chaperone present.

Other services or tests may be recommended by your provider.

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<p>When should I schedule this visit?</p>	<p>Well child visits are scheduled to take place at the following ages based on CDC developmental milestones.</p> <ul style="list-style-type: none"> • Birth (1-3 days after discharge from the hospital) • 2 weeks to 4 weeks • 2 months • 4 months • 6 months • 9 months • 12 months • 14 months • 18 months • 24 months • 30 months • 3 years • Yearly from 4-21 years <p>https://www.cdc.gov/ncbddd/actearly/milestones/index.html</p>
<p>Are these appointments combined with other types of visits?</p>	<p>Yes, Well Child Visits are often scheduled to comply with school and/or sports physical requirements. If your child intends on playing sports, please mention this to their provider so the appropriate testing and forms can be completed.</p>
<p>Can my teenager attend alone?</p>	<p>Yes. With your consent, your teenager can attend their appointment without an adult. There are three ways to provide a valid consent for your minor to attend their appointments without a parent or guardian.</p> <ol style="list-style-type: none"> 1. Complete the Absent Guardian Form which can be obtained at the front desk of your child's provider. 2. Provide written consent stating that the provider has your consent to evaluate and treat your child. 3. Call the office and request to provide verbal consent for your minor child. The office will have two witnesses hear your consent and will document it in your child's chart.
<p>How much time should I plan to spend at the office for my visit?*</p>	<p>45-60 minutes</p>
<p>How much will the visit cost?***</p>	<p>Insurance typically covers 100% of the visit. If you are paying out of pocket, the cost will range between \$161 and \$210</p> <ul style="list-style-type: none"> • If you have questions about financial assistance eligibility, please call a patient representative at 616-252-7110 or 800-968-0051. • Please bring insurance cards and Identification to the appointment.

* This timeframe is the average amount of time most patients spend with the Medical Assistant and Provider, complete any ordered testing in the office (e.g. lab, x-ray, EKG, spirometry, etc.) and check-out to schedule future visits. Patients should allow 10-15 minutes of additional time prior to their visit for check-in and required paperwork.

** Patients should refer to their health insurance plan benefits and our payment policies for additional information. A copy of our payment policies is available at our office or online at <https://uofmhealthwest.org/patients-visitors/pay-a-bill/policies-and-financial-assistance/>. The out-of-pocket cost range listed is determined by the provider and covers only the face-to-face visit with the provider. Additional costs include any testing in the office (e.g. lab, xray, EKG, spirometry, etc.), immunizations/injections and/or surgical procedure.