



“Big Kids” Well-Child Checkups (6 to 10 years old)

It is important to continue scheduling regular checkups for your child as he or she grows. Your child will change physically during these years.

With regular checkups, your child’s doctor can monitor those changes and make sure that your child is growing up healthy.

To locate a doctor for your child, call your child’s Managed Care Organization (MCO). If not in an MCO, go to the Department of Medical Assistance Services (DMAS) website at www.dmas.virginia.gov and click on the “Search for Providers” link.

FAMIS is a program of the Commonwealth of Virginia

RVSD 0207

CHILD’S NAME

Child’s Doctor _____

Doctor’s Address _____

Doctor’s Phone _____

Doctor’s FAX _____

6-YEAR CHECKUP

Date _____

Doctor _____

Age in years _____ Months _____

Height _____

Weight _____

Tell the doctor _____

Doctor says _____

8-YEAR CHECKUP

Date _____

Doctor _____

Age in years _____ Months _____

Height _____

Weight _____

Tell the doctor _____

Doctor says _____

10-YEAR CHECKUP

Date _____

Doctor _____

Age in years _____ Months _____

Height _____

Weight _____

Tell the doctor _____

Doctor says _____

Healthy Teeth

It is also important to schedule regular dental checkups for your child to help maintain healthy teeth. Dental benefits are covered by FAMIS through the Smiles For Children program.

To keep teeth healthy:

- Your child should visit the dentist every six months
- Remind your child to brush and floss daily and practice good food choices
- Encourage your child to wear a mouth guard when playing sports

For questions or to find a participating dentist in your area, call Smiles For Children at 1-888-912-3456.

1-866-87FAMIS
1-866-873-2647
www.famis.org



What to expect at a well-child checkup

Physical Exam

The exam includes vision, hearing and blood pressure screens.

Developmental Assessment

Your doctor will ask how your child is doing at home and in school and how well your child gets along with others. Your doctor will also talk to you and your child about nutrition, physical activity and safety.

Shots (Immunizations)

Shots can prevent serious health problems. If you’ve missed shots, your doctor can follow a “catch-up” schedule.

