

## Contact Us

1-800-727-7536 (TTY: 711)

Monday - Friday, 8 AM – 5 PM

**VirginiaPremier.com**

email us at

**healthyheartbeats@vapremier.com**

Virginia Premier complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you.

Call 1-800-727-7536 (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

Llame al 1-800-727-7536 (TTY: 711).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다.

1-800-727-7536 (TTY: 711) 번으로  
전화해주시시오

### What is Healthy Footsteps<sup>SM</sup>?

Virginia Premier Healthy Footsteps<sup>SM</sup> is our screening, diagnosis and treatment program for children. This program is part of your Early and Periodic Screening Diagnostic and Treatment benefits.

### Did you know?

All children need well-visits and immunizations (shots) as they grow, even if they're not sick.

### What are "well-visits"?

Well-visits are doctor visits that can help to detect and prevent health problems. They're also a good way to get all of your child's needed shots!

### How much do they cost?

As a member, your child is able to get free well-visits.

### More Questions?

Call us at 1-800-727-7536 (press 3 for Medical Management) or visit us at **VirginiaPremier.com** to learn about our immunization schedules.

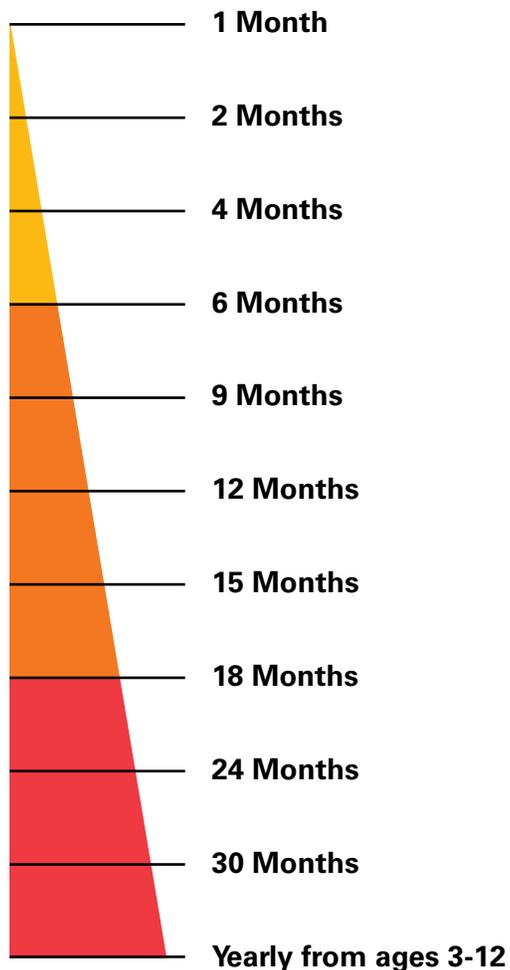
# Healthy Footsteps<sup>SM</sup>

Birth to 12 years



## When should my child get these well-visits and shots?

Well-visits and shots are recommended at the following ages:



### Toddlers and Young Children

Your child's well-visits may include a physical exam, shots, a developmental assessment, and a hearing, vision and dental screen.

### Children Five to 12

Your child should be receiving a yearly physical exam, shots, a developmental assessment, and a hearing, vision and dental screen. The doctor will also discuss nutrition, physical activity, safety, and home/school life with you and your child.

### Preteens Ages 11-12 Years

Annual well-visits are needed and vaccines include Tdap, HPV and Meningococcal.

To learn more about preventative care for teens and young adults, see our Virginia Premier Healthy Me brochure at **VirginiaPremier.com**, or call us today.

### What happens when I sign up my child?

Our Medical Management team will remind you when your child needs to get well-visits or shots. You may get this reminder by phone call, email, mail, or text message.

### Lead Testing

Your child will also need a Lead Screening (blood test) at their one year and two year checkup. This test checks to see if your child has any lead in their blood, which could limit growth and development.

Source: [www.dmas.virginia.gov/](http://www.dmas.virginia.gov/)

### Sign up today!

Call 1-800-727-7536 (TTY: 711) or visit us at: **VirginiaPremier.com**

Source: [www.aap.org/en-us/Documents/periodicity\\_schedule.pdf](http://www.aap.org/en-us/Documents/periodicity_schedule.pdf)