

Ages Birth to 10 Years

TennCare Kids Program

TennCare Kids Screenings or Check-Ups for Children birth through 20 years.

UnitedHealthcare Community Plan has adopted the American Academy of Pediatrics Guidelines for Preventive Health Screenings for children and adolescents through age 20 years. This means your child's check-up will include certain tests or screens when your child is a specific age and are at no cost to you. These guidelines are important so your child's primary care provider can be sure your child is growing and developing okay.

Your child's check-up will include a physical exam. Depending on your child's age, the checkup may also include:

- History (family history and personal history)
- Developmental and behavioral screening
- Measurements, such as length/height/weight/blood pressure
- Vision and hearing screening
- Screening for autism
- Alcohol and drug use assessment
- Lab tests:
 - Blood lead
 - Cholesterol

Talk with your baby's primary care provider. These lab tests are usually done in the hospital after your baby's birth:

- Inherited Blood Diseases
- PKU
- Thyroid tests
- Immunizations/Shots
- Advice on keeping your child healthy and safe, such as:
 - Sleep Positioning Counseling for newborns and infants
 - Smoke detector, flame retardant sleepwear
 - Hot water heater temperature settings at no more than 120-130° F
 - Window or stair guards, pool fence
 - Safe storage of drugs, items that may be poisonous, firearms, and matches
 - Poison control phone number
 - CPR training for parents or caretakers
 - Effects of passive smoking
 - Child Restraint Laws in Tennessee English and Spanish

http://www.tnaap.org/Files/EPSDT/Car_Seat_Bro-ENG_2014.pdf

http://www.tnaap.org/Files/EPSDT/Car_Seat_Bro-SPAN_2014.pdf

- Infant and toddler child safety car seats
- Belt-positioning booster seats
- Lap-shoulder belts
- Bicycle helmet; avoid riding a bicycle near traffic
- Specific information about Tennessee bicycle helmet laws is provided at the following links to the Tennessee Chapter of the American Academy of Pediatrics' Tennessee Bicycle Helmet/Preventive Health Brochure:

http://www.tnaap.org/Files/EPSDT/Bike_Helmet_Bro-ENG_2014.pdf

http://www.tnaap.org/Files/EPSDT/Bike_Helmet_Bro-SPAN_2014.pdf

Diet and Exercise

Nutrition plays an important role in good health. Your child's nutritional needs may change. That's why a preventive health exam is a good time to talk to your child's primary care provider about your child's nutritional needs. Topics you might want to discuss with the primary care provider are:

- Breast feeding, iron-enriched formula, and foods for infants and toddlers
- Limiting fat and cholesterol
- Having a balanced diet
- Best ways to include grains, fruits, and vegetables (ages 2 and older)
- Regular physical activity

The Centers for Disease Control and Prevention (CDC) provides more nutritional information at the following link:

<http://www.cdc.gov/healthyschools/nutrition/facts.htm>

Immunization Shots

Shots are not just for infants and young children.

Don't forget to take your child's shots record to every visit with a primary care provider.

For More Preventive Care Information

UnitedHealthcare Community Plan wants children, adolescents, and young adults through age 20 years to enjoy a healthier life through prevention with the help of TennCare Kids screenings. We also ask adults to make *Choices for a Healthier You*. The following link to the TennCare Kids Web site includes good health information for infants, children, and adolescents:

<http://www.tn.gov/tenncare/section/tenncare-kids>

Resources:

Agency for Healthcare and Research Quality

<http://www.ahrq.gov/>

Bright Futures/American Academy of Pediatrics

<http://brightfutures.aap.org/>