

Questions?

Call **1-877-552-4642**
or visit www.SCchoices.com

Call Monday to Friday,
8 a.m. to 6 p.m.
TTY: 1-877-552-4670.
The call is free.



Call Healthy Connections Choices —

- About plans or doctors that serve children.
- About enrolling or choosing a health plan.
- To enroll by phone.
- To meet in person with a community enrollment counselor near your home.
- To get this brochure in Braille or on tape, or to speak to someone in another language.

An enrollment counselor will help you. Some of our counselors speak Spanish, and we have free interpreter services for other languages. All calls are free and private.

Para obtener este folleto en español, llame al 1-877-552-4642.



Keeping Your Kids Healthy!

*With regular checkups
for babies, children
and teens.*



Healthy Connections Choices is sponsored
by the South Carolina Department
of Health and Human Services



Healthy kids grow up to be healthy adults!

Children who are Medicaid members can get regular medical checkups with a doctor, at no cost. These are called *well child* visits, and children should get them from birth until they become adults.

Why are well child visits important?

It's important for children to get regular checkups, even when they are not sick.

- ✓ The doctor will get to know you and your child.
- ✓ If your child has health problems, the problems can be found early before they become serious.

- ✓ Your child can get immunizations (shots to prevent diseases).
- ✓ You can get information about how to keep your child healthy as he or she grows up.
- ✓ A doctor can help teach your teenager how to stay healthy.

When should your child get well child visits?

Babies and small children need well child visits often. If your baby hasn't been to see the doctor yet, make an appointment to take him or her right away. While you're there, ask the doctor when the baby's next checkup should be.

School-age children need well child checkups once a year.

Teenagers and young adults need well child visits every year, too. The doctor can help them learn how to take care of themselves as they become adults.

They'll learn about these important health steps:

- ✓ Exercise and good sleep habits.
- ✓ Nutrition and healthy eating habits.
- ✓ Dangers of alcohol, tobacco and other drugs.
- ✓ How to protect themselves from pregnancy as well as HIV/AIDS and other sexually transmitted diseases.

All children need well child checkups until they become adults (up to their 21st birthday).

How to get a well child visit for your child

Call your child's doctor. Say you want to bring your child in for a well child visit.

If you have not chosen a doctor for your child, call your health plan or call South Carolina Healthy Connections Choices at 1-877-552-4642.

