



# Well-child visit and immunization checklist

Screenings and immunizations protect your child against illness while they're young. There are ways to make these well-child visits even easier for you and baby. Make sure you're ready to get through each visit by reading this checklist before each appointment.



## Before the appointment:

- Arrange transportation (if driving, look at parking options).
- Dress baby in an outfit that is easy to take off.
- Think about how baby eats, sleeps and behaves.

### Write down any care questions you may have, including:

- Feeding and burping.
- Good sleeping positions.
- Skin care and bathing.
- Diaper care.
- Home and car safety.
- Changes in your mood (e.g., feeling down).

### Pack a bag with:

- Diapers and wipes.
- Anything you need for nursing (or a ready-to-go bottle).
- A change of clothes for baby.
- A pacifier or teething ring.
- A blanket.
- Baby's medicine.
- Toys or distractions for your older child(ren).
- Insurance card and any forms (e.g., daycare forms).
- A snack for you and older child(ren).
- A phone charger.
- Hand sanitizer.
- Face masks for you and older child(ren).



## At the appointment:

- Nurse or give baby a bottle after immunizations.
- Ask any questions you may have.
- Try to take notes on your care provider's recommendations.

- Speak openly about mood changes you have felt.
- Talk about how you can speak with your care provider later.



## After the appointment:

- Schedule baby's next visit.
- Schedule mother's postpartum visit (typically 2 – 6 weeks after delivery).

It's important to bring your baby to well-child visits, even during COVID-19. There may be special steps to take when you arrive for your appointment. Call your child's care provider before your visit. And remember to practice social distancing, wash your hands often and wear a mask.

### Are you a UnitedHealthcare Community Plan member?

If you are a UnitedHealthcare Community Plan member, you may have access to our [Healthy First Steps program](#), which can help you find a care provider, schedule well-child visits, connect with educational and community resources and more. To get started, call 1-800-599-5985, TTY 711, Monday through Friday, from 8 a.m. to 5 p.m.\*

For help getting to an appointment, or getting formula or healthy food, call the number on your insurance card.

\*Healthy First Steps is only available to members in some states. For all other states, contact the number on your insurance card for assistance.

Most health insurance plans cover early well-child visits or provide assistance. Call the number on your insurance card for more details. If you are having a hard time getting food or are experiencing joblessness, your care provider may be able to connect you with resources that can help.