

Do what you can  
to be healthy.

And we'll help you  
along the way.

*The preventive services listed inside  
are covered by most insurances.*



**Physicians Group (608) 524-8611**

Open Monday - Friday 7:00 a.m. - 5:00 p.m.  
Closed weekends

Hospital (608) 524-6487

Community Pharmacy (608) 524-6177

Viking Pharmacy (608) 524-6868

Specialty Group (608) 768-3900

Surgical Group (608) 524-2349

Senior Life Center (608) 524-6577

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# Preventive Care Plan

for children



Have a conversation  
with your provider today.



What	Who	When	Why
Physical Exam	Everyone	Annually	A full check up including height, weight and BMI is recommended annually.
Blood Pressure Screening	3 years and older	Annually	To detect high blood pressure (hypertension) — at risk for heart attack, stroke, heart and kidney failure.
Chlamydia Testing	Screening sexually active females age 16-24 or on birth control	Annually	To detect Chlamydia trachomatic infections. There are no symptoms and therefore patients are unaware that they have an infection. Untreated infections can lead to serious and irreversible complications.
Hearing Evaluation	4 years and older	Annually	To determine if hearing loss is present. Hearing loss is determined individually for each ear and entered in an audiogram.
Tetanus Immunization	Everyone	Every 10 years	Protect against tetanus, diphtheria and pertussis.
Influenza Vaccine	6 months and older	Annually	Protect against influenza.
Depression Screening	12 years and older	Annually	Depression is an illness that involves the brain. It can affect your thoughts, mood, and daily activities. Depression is more than feeling sad for a few days.
Type 2 Diabetes Screening	Pediatric patients over 10 years old or at puberty with a BMI over 85% and 2 other risk factors	Every 3 years	Diabetes is one of the leading causes of disability and death in the United States. If it's not controlled, diabetes can cause serious health problems.
Obesity Screening & Counseling	2 years and older	Annually	Eating healthy is good for your overall health. Making smart food choices can also help you manage your weight and lower your risk for certain diseases.
Well-Child Visits 0-11 months	0-11 months	The first well-baby visit is 1 week after coming home from the hospital. After that first visit, babies need to see the doctor or nurse when they are: 2 months old 4 months old 6 months old 9 months old	Babies need to go to the doctor or nurse for a well-baby visit 5 times during their first 11 months. A well-baby visit is when you take your baby to the doctor for a full checkup to make sure he is healthy and developing normally. This is different from other visits for sickness or injury. At a well-baby visit, the doctor or nurse can help catch any problems early, when they may be easier to treat. You will also have a chance to ask any questions you have about caring for your baby.
Well-Child Visits 1-4 years of age	12 months-4 years	Children ages 1 to 4 need to see the doctor or nurse when they are: 12 months old 15 months old (1 year and 3 months) 18 months old (1 year and 6 months) 24 months old (2 years) 3 years old 4 years old	Young children need to go to the doctor or nurse for a well-child visit 6 times between the ages of 1 and 4. A well-child visit is when you take your child to the doctor for a full checkup to make sure she is healthy and developing normally. This is different from other visits for sickness or injury. At a well-child visit, the doctor or nurse can help catch any problems early, when they may be easier to treat. You will also have a chance to ask any questions you may have about your child's behavior, eating habits, and sleeping habits.
Well-Child Visits 5-18 years of age	5-18 years	Annually	A well-child visit is when you take your child to the doctor for a full checkup to make sure he is healthy and developing normally. This is different from other visits for sickness or injury. At a well-child visit, the doctor or nurse can help catch any problems early, when they may be easier to treat. You will also have a chance to ask any questions you may have about your child's behavior or development.
Vision Screening	4 years and older	Annually	To check visual acuity (how sharp vision is at a distance) and alignment.