



## Good health starts with early care

Checkups, also called wellness visits, are a way to help your child stay healthy. Regular well visits with a primary care provider (PCP) can help catch health issues before they turn into problems. As a member of UnitedHealthcare Community Plan, your child's plan includes no-cost wellness visits for any child under 21 years old.

It's important to schedule your child's well visits, even if your child feels great. Here's what to expect at each visit:

- Your child's PCP will complete an age-appropriate exam and check height and weight
- You can talk about any health or behavior changes in your child
- Ask if any vaccines or preventive screenings are needed, such as hearing, vision, lead and developmental

Want help making an appointment or finding a provider? Chat with Member Services through the **UnitedHealthcare® app** or **myuhc.com/communityplan**.

See other side to learn more →

**United  
Healthcare**  
Community Plan

## Other benefits and services to help your child

We want to help your child be healthy. That's why their plan also offers these resources. Use them at no cost until your child turns 21 years old.

**Asthma support (Hypoallergenic Assistance Program)** – Members who are enrolled in care management may qualify for a hypoallergenic mattress cover and pillowcase.

**Air Quality Improvement** – Members who are enrolled in care management with an asthma diagnosis may qualify for an air purifier, humidifier and/or a HEPA-vacuum.

**Behavioral health** – Get help with stress, anxiety, depression and other mental health issues. Explore the Calm Health app for digital tools to help support your well-being. To start, download the UnitedHealthcare® app and find Calm Health on the Coverage & Benefits page.

**Care Management** – Extra support for those with chronic conditions and complex needs, or anyone who has trouble finding care.

**Dental** – For members, coverage includes cleanings, exams, X-rays and fillings. Start dental exams when teeth begin to appear in mouth or no later than the first birthday. Schedule checkups every 6 months after that.

**GEDWorks** – Members 18 years and older who want to earn their diploma can get access to custom study plans, a dedicated advisor, free 24/7 online tutoring, practice tests and more.

**Hearing** – Trouble hearing can affect a child's daily life in many ways. Exams, therapy, tests and hearing aids are covered.

**KidsHealth** – Your whole family can get reliable health info, answers and advice online through a partnership between UnitedHealthcare and KidsHealth. Parents can find answers they need. Teens can find straight talk and personal stories. Younger children can learn through health quizzes, games and videos. Visit [kidshealth.org](https://kidshealth.org).

**Member Rewards** – Members who get screenings or go to provider visits can earn reward dollars to buy healthy food. Visit [HealthyBenefitsPlus.com/UHCMOMemberRewards](https://HealthyBenefitsPlus.com/UHCMOMemberRewards) for more details.

**NurseLine** – Get health advice from a nurse 24/7. Call 1-800-866-6827, TTY 711.

**One Pass** – Members 18+ can access more than 300 fitness centers across Missouri. Find gyms at [rallyhealth.com/onepass-uhcmo](https://rallyhealth.com/onepass-uhcmo).

**Transportation** – Eligible members can get rides to/from medical appointments, WIC services, pharmacies, grocery stores, food pantries, job training and more. Call 1-844-529-1801, TTY 711.

**UHC Doctor Chat** – Skip the waiting room and connect quickly to doctors online. To start, download the UHC Doctor Chat app or visit [UHCDoctorChat.com](https://UHCDoctorChat.com).

**Vision** – Children's eyes also need special care. Routine eye exams, plus frames and prescription lenses, are covered.

**YMCA membership** – Members up to 17 years old can join their local Y and take part in programs. Find the Y closest to you at [ymca.net/find-your-y](https://ymca.net/find-your-y).

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We provide communication help at no cost for people with disabilities. This includes materials with large print. It includes audio, electronic and other formats. We also have American sign language interpreters. If English is not your main language, you may ask for an interpreter. We also have materials in other languages. To ask for help, call 1-866-292-0359, TTY 711. Hours are Monday to Friday, 8 a.m. to 5 p.m.

ATTENTION: If you do not speak English, language assistance services, at no cost to you, are available. Call 1-866-292-0359, TTY 711.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-292-0359, TTY 711.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-866-292-0359，TTY 711。