Keeping Your Child’s Health Right On Track

Annual **Well-Child** visits can help your child stay healthier throughout life. **Well-Child** visits should begin at birth and continue through age of 21. In the United States, about 1 in 6 children aged 3 to 17 years have one or more developmental or behavioral disabilities. Children who do not visit their pediatrician annually have a higher risk of developmental and language delays. These delays can affect how well they do in school. Early-aged, annual, standard screenings during your **Well-Child** visit can help recognize significant delays and treat them early.

**Depending on age, your pediatrician may screen for:**

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Older children need more than just a ‘Sports Physical’ to be sure they are meeting developmental milestones. At the visit your pediatrician should address important questions, especially with teenagers, including adolescent issues of drinking, smoking, drugs, sexual activity, and depression. New government guidelines help make it easier for you to pay for **Well-Child** visits. Most insurance plans cover preventative visits at 100% with no co-pay or deductible. Check with your insurance company before scheduling a visit. If you are under-insured or on Medicaid, there are programs that you may qualify for including Health Tracks & WIC.

First District Health Unit’s
Children Services

First District Health Unit offers services that help parents identify and recognize delays from infancy to adulthood. These programs include:

**High Priority Infant (HPI)**
This program provides support and guidance to families of infants during the first year of life. Screenings help with early identification of health concerns and developmental delays. Screenings may include vision checks, immunizations, and fluoride application.

**North Dakota Health Tracks**
Screenings include developmental, mental health, speech, vision, hearing, and nutrition. Services such as dental fluoride application, orthodontic evaluations, physicals, immunizations, and laboratory tests are provided for individuals who are under 21 and enrolled in Medicaid.

**School Health**
Services provided at the school include health education programs, disease monitoring, vision and hearing screenings, and immunization assessments.

**Women, Infants and Children (WIC)**
WIC is a federal nutrition program for pregnant and breastfeeding women, infants, and children younger than 5 and is available in all counties in North Dakota. WIC offers healthy food for proper growth and development and helps families choose healthier ways of eating. WIC offers nutrition information, counseling and support, breastfeeding information and support, nutritious foods, health screenings, and referrals to other services.

To be eligible for WIC,
1. You must be a: **pregnant woman; breastfeeding woman** (up to 1yr. after giving birth); **new mother** (up to 6mo. after giving birth); parent, guardian or caretaker who has an **infant or child younger than 5 years of age**

**AND**
2. You must have a **nutritional health risk**. The WIC Staff will be able to find a risk by checking your height, weight and iron level and having you answer some health and diet questions.

**AND**
3. Your annual household income must be within **WIC Guidelines** which are based on gross income unless you are self-employed. **Note: You may have a job and still meet these guidelines**.

If you receive medical assistance, TANF, SNAP (food stamps), or Healthy Steps, you are eligible for WIC even if your income is above the guidelines. (If you are pregnant, add one person to the size of your household.) **Visit website for complete income information.**

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<th>Household Size</th>
<th>Annual Income</th>
<th>Monthly Income</th>
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**WIC OFFICES LOCATED IN ALL 7 COUNTIES! [www.fdhu.org]**

**Team Up for Child Wellness**

Starting Aug. 9th, once a month, St. Andrew’s Clinic and First District Health will be teaming up to simplify well-child and immunization visits for children in the Bottineau area. To combine your visits on the same day, first call St. Andrew’s Clinic: 701-228-9400 to schedule your annual screening, and then call First District Health in Bottineau: 701-228-3101 for a second, same-day appointment to update immunizations.