

## Yearly Check-Ups for Adults and Children

### Why Adults Need a Yearly Check-Up

A yearly check-up (also called a “well-visit”) is important for looking at how your daily living impacts your health. It is an important step in maintaining good health by identifying and preventing possible health concerns. It’s also an excellent way to shine a light on certain aspects of your life that may need change to improve your health.

### Be Your Own Advocate

The well-visit gives you and your doctor a complete picture of your health and what you need to do to be healthier. The more you know about your health, the more likely you are to be your own advocate.

### Common Topics at a Well-Visit

- **Height/Weight:** Checking your height and weight is an integral part of your physical exam. Sudden gain or loss can be indicators of changes in health.
- **High/Low Blood Pressure:** Identifies a person at risk for heart disease or stroke and helps with management of overall health.
- **Body Mass Index:** A measure of body fat to determine whether weight loss is needed for your health.
- **Cognitive impairment Testing:** Early recognition allows for diagnosis, treatment, and education for those who have trouble remembering things, learning new things, or making decisions that affect everyday life.

**If you have health concerns, North Alabama Community Care can help!**

**Please call us at 1-855-640-8827. We can help with:**

- **Finding Community Resources**
- **Find a doctor who accepts Medicaid**
  - **Attend doctor appointments**
  - **Help promote a healthy lifestyle**

## Why Children Need a Yearly Check-Up

Parents want the best for their kids, so it's important to go to the yearly check-ups before issues arise. Check-ups can catch problems early or before they start. This can make a huge difference in your child's health. It's also a great time to ask your child's doctor about any questions or concerns you might have.

The Well-Child Check-Up Program (also known as the EPSDT Screening Program) covers children under 21 years of age who have full Medicaid benefits. More doctor visits, extra hospital days, and medically necessary services may be available if a medical problem is found during the check-up.

### Check-Up Schedule from Birth

Check-ups start from birth but become yearly after age 2 and up to age 21.

#### Check-Up Schedule by Age

- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months (1 year)
- 15 months
- 18 months
- 24 months (2 years)
- Every year beginning at age 3

### Common Topics at a Well-Visit

- **Immunizations and tests**
- **Growth and development**
- **Height and weight**
- **Hearing and vision**
- **Mental, emotional, or substance use problems**
- **Any medical problem your child has**

#### Healthy Recipe Spotlight

## Pita Pizza

#### Ingredients:

- 1 whole wheat pita (English muffins work, too!)
- Pizza sauce or thick tomato sauce
- Low-fat shredded mozzarella cheese
- Sliced peppers, mushrooms, and onions
- Parmesan cheese

#### Directions:

1. Turn on the broiler in oven (keep oven door cracked).
2. Add sauce, cheese, and vegetables to the pita as desired. (Optional: If you like softer vegetables, cook them in a pan before topping pizza.)
3. Broil until cheese melts.

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