



The Benefits of Well-Child Visits:

Prevention: Your child will receive scheduled immunizations to prevent illness. You will also review nutrition, exercise, safety and family risk factors.

Growth and Development: During a well child visit we will monitor your child's growth physically, developmentally, socially and emotionally. You can discuss your child's milestones, social behavior and learning.

Team Approach: Regular visits create a strong, trustworthy relationship among pediatrician, parent and child. The AAP recommends well child visits as a way for pediatricians and parents to serve the needs of children. This team approach helps to develop the physical, mental and social health of a child.

Raising Concerns: The well child visit is also a time for parents to discuss concerns regarding their child's physical, developmental, social and emotional growth, as well as review and update any chronic health issues. The providers at Kids First Pediatrics work closely with parents and specialty physicians to promote continuity of care for our patients. For chronic health issues, such as asthma or ADHD, please be advised additional appointments may be necessary to ensure adequate monitoring of your child's medications and progress.

Well child visits are scheduled based on the guidelines from The American Academy of Pediatrics. Please note that this schedule may vary from the one devised from your insurance company. The AAP recommends a well child visit at 1 week of age, 1 month, 2, 4, 6, 9, 12, 15, 18 and 24 months. While a 30 month visit is optional, after two years of age, a well child visit is recommended yearly until age 18. It is your responsibility to make these appointments in a timely manner to ensure that vaccinations are kept up to date.

We typically schedule well checks 366 days from the last well check to ensure insurance coverage for the visit. Please call your insurance company to verify your policy details prior to scheduling a well check as some policies cover well checks every calendar year while others require it to be at least 365 days from the prior well check.

To ensure the best care and safety of your child, please note that Kids First Pediatrics will not refill prescriptions, administer vaccines, complete school/sports forms or order labs and additional testing without a current well child visit (within the past 11 months).

MINORS: ANYONE UNDER THE AGE OF 18 *MUST* HAVE A LEGAL GUARDIAN PRESENT AT ALL WELL CHECKUPS OR IMMUNIZATION VISITS. A RELEASE TO TREAT A MINOR FORM SIGNED FOR THE DAY OF THE APPOINTMENT WILL BE ACCEPTED FOR SICK APPOINTMENTS ONLY.

Anyone under the age of 12 cannot be left unattended in the waiting room.

Please remember to bring your insurance care, photo ID and a Credit Card to be kept on file at EACH visit. Photos of insurance cards can be emailed to billing@kidsfirstdocs.net if your insurance company does not provide a physical card.

Steven Kovar, M.D.

Jessica Ciszek, M.D.

Ashley Walsh, CPNP-PC

Kristine Liberty, M.D.

Taryn A. Vrasich, CPNP-PC

Patient Name: _____

Parent Signature: _____

Date: _____