



*Si usted necesita esta información en español por favor llame al 1-800-504-2766.

<<Date>>
<<Head of Household>>
<<Address>>
<<City>>, <<State> <<Zip>>

Member: <<Name>>
ID: <<ID>>
DOB: <<DOB>>
PCP: <<PCP>>
Telephone: <<Telephone>>

Dear Parent/Guardian of <<name of child>>:

<<Name of child>> is <3/4/5/6/7/8/9/10/11/12> years old and may be due for a well child check-up. Your child must see their PCP within 90 days of joining the health plan. If your child is missing their shots or has not had a recent check up, please call your child's PCP and make an appointment. There is no cost for these services.

Age	Well Child Check-Ups Schedule
3 Years	Well Child Check-Up, Annual Dental Exam, Lead Screening.
4 Years	Well Child Check-Up, Annual Dental Exam, Lead Screening, Measles, Mumps, Rubella (MMR), Diphtheria, Tetanus and Pertussis, (DTaP), and Inactivated Poliovirus (IPV), sometime between ages 4 and 6.
5 Years	Well Child Check-Up, Annual Dental Exam, Lead Screening, MMR, DTaP and IPV sometime between ages 4 and 6.
6 years	Well Child Check-Up, Annual Dental Exam, Lead Screening, MMR, DTaP and IPV sometime between ages 4 and 6.
7 years	Well Child Check-Up and Annual Dental Exam.
8 years	Well Child Check-Up and Annual Dental Exam.
9 years	Well Child Check-Up and Annual Dental Exam.
10 years	Well Child Check-Up and Annual Dental Exam.
11 years	Well Child Check-Up and Annual Dental Exam.
12 years	Well Child Check-Up and Annual Dental Exam, "Catch up" year if needed for MMR, Hepatitis B (HepB), Chickenpox (Varicella).

Please call Customer Service at 1-800-504-2766 (TTD/TTY users, call 1-877-247-6272) if the PCP on your ID card does not match the name on this letter or you need help with making an appointment or arranging transportation. You can reach us weekdays 7 a.m. to 7p.m. ET.

Harmony also has a Personal Health Advisor who can answer your health questions. When you're not sure what kind of care your child needs, call your Personal Health Advisor at 1-800-608-8158. There is no charge for this. You can call any time, any day.

For people with Asthma:

If your child has asthma and has not seen their doctor in the last 3 months, it is important that you call and make an appointment for your child.

For people with Diabetes:

If your child has diabetes and has not seen their doctor in the last 3 months, it is important that you call and make an appointment for your child.

National Guidelines recommend people with diabetes receive the following:

- Blood Sugar average, hemoglobin A1c (HbA1c) measured at least once a year (goal is less than 7%)
- LDL-cholesterol measured at least once a year (if greater than 100mg/dL, appropriate treatment is needed)
- Eye Exam (dilated) by an eye care professional once a year
- A microscopic urine test for protein once a year
- Routine foot exams
- See your doctor every 3 months]

Regards,

Harmony of Illinois