



West Virginia HealthCheck

6 Year Visit

What to Expect at the 6 Year Visit

The six year old wants to be independent but lacks the ability to consistently make good decisions. As your child's world gets bigger, that means there are more outside influences-like television, computers and video games-in your child's life for you to keep an eye on. During this visit some questions your provider may ask include:

How is your child doing with school work?

Does your child participate in after-school activities?

Does your child play with other children? Making friends?

- Your child's height, weight, **BMI** and blood pressure will be measured.
- Your child will have a **visual acuity screen** and a hearing screen.
- Your child's exam will include a **behavioral risk screen**.
- Your child will have a complete head-to-toe physical examination.
- Your provider will ask questions about exposure to **tuberculosis** and **lead**, along with questions about your family's history of heart disease (**dyslipidemia risk screen**).
- Throughout the visit, you will have opportunities to talk with the provider about questions and concerns you may have about your child. In addition, your provider will give you age-appropriate information on safety, and talk about healthy habits and routines, school progress and the importance of play.

Preventive Care Tips: Behavioral Risk Screen

Behavioral risk screening is an important part of a well child visit. Early identification and intervention of **behavioral health** concerns and risks can result in better overall outcomes for children and their families.

The behavioral risk screen is made up of two different types of questions.

First, are the **mental health** screening questions. These questions help a provider identify how a child is acting or feeling. Some questions your child's provider may ask include:

- Are you currently concerned about your child's behavior or behavioral health?
- Does your child engage in "fun activities"?
- Does your child have friends?
- How has your child been feeling? Content? Sad? Angry? Down or Depressed?
- Does your child have thoughts or plans to harm himself, others and/or animals?
- Does your child have trouble at school? Trouble with the law?

The second set of questions are known as **risk indicators**. Identifying early that a child is exposed to or is engaging in a risky behavior may prevent that behavior from being the first step to other risky behaviors. Some questions your child's provider may ask include:

- Does your child have a poor self image? Lack of physical activity? Or have weight or height concerns?
- Does your child experience peer pressure or bullying?
- Has your child witnessed violence? Has your child been threatened with violence?
- Does your child have excessive television or video game use?
- Does your child get along with other family members?

As your child gets older, there will be age-appropriate questions about tobacco, alcohol and drug use and sexual behavior.

It is important to understand that the questions asked are a part of a screening and are not diagnostic. A positive response to the mental health or behavioral risk questions, will require further screening and/or assessment to determine whether a behavioral or mental health issue is present.

What To Expect At The 7 Year Visit

- Your child's exam will include a behavioral risk screen.
- Your child may receive one or more immunizations.
- Your child should have an established dental home. They should have regularly scheduled visits with their dentist at least twice a year.

**West Virginia
HealthCheck Program**

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