



# West Virginia HealthCheck

## 1 Week Visit

### What to Expect at the 1 Week Visit

The exact timing of the first visit depends upon the specific issues, health concerns, and needs of the baby and mother. Typically, your baby's first visit will be within 1 week of discharge from the hospital.

At the 1 week visit, expect your health care provider to focus on you and your adjustment to your new baby. Some questions your provider may ask include:

How are things going for you and your baby?

What is your baby's routine and schedule for feeding and sleeping?

How is your family adjusting to the new baby?

- Your provider will talk with you about the **screenings** your baby received in the hospital.
- Your baby's length and weight along with **head circumference** will be measured.
- Your baby will have a complete head-to-toe physical examination.
- Your provider will talk with you about your baby's development and what to expect over the next month.
- Throughout the visit, you will have opportunities to talk with your provider about questions and concerns you may have about your baby.

### Preventive Care Tips: How To Get Support

#### WIC

**WIC** makes sure that your family has what they need to live a healthy life.



Providing you with basic, healthy foods assures that your family is getting the nutrition they need.

But that's not all. The WIC program also provides nutrition and health education as well as other services free of charge to pregnant women, postpartum women, infants and children up to the age of five. WIC also offers breastfeeding support, education and counseling.

For more information or to schedule an appointment, call your local WIC office. You can also call 211 or visit <http://ons.wvdhhr.org> for the WIC clinic nearest you

#### Right From The Start

Right From The Start Program (RFTS) is a statewide program in West Virginia committed to helping parents and their babies live healthier by offering home visits with a registered nurse or licensed social worker.

Home visitors are dedicated to helping West Virginia parents and their babies live healthier by providing infant health education on:

- Bathing
- Feeding
- Tips on calming an infant
- Safe infant sleep/Back to Sleep
- Immunizations/Well Child Care
- Positive parent-child time

For more information on Right From The Start:

(304) 558-5388 or 1 (800) 642-8522 (Toll Free in WV) or [www.wvdhhr.org/rfts](http://www.wvdhhr.org/rfts)

### What To Expect At The 1 Month Visit

- Your provider will talk with you about your baby's continued development and what to expect over the next month.
- You will be asked questions to screen your baby's risk for exposure to **tuberculosis**.
- Your baby will have a complete head-to-toe physical examination.

**West Virginia HealthCheck Program**

**1-800-642-97041**

[www.dhhr.wv.gov/healthcheck](http://www.dhhr.wv.gov/healthcheck)

**Transportation Assistance**

**Contact MTM to schedule a ride**

**1-844-549-8353**

[www.mtm-inc.net/west-virginia](http://www.mtm-inc.net/west-virginia)