



# West Virginia HealthCheck

## 3 Year Visit

### What to Expect at the 3 Year Visit

The 3-year-old's understandable speech allows him or her to clearly communicate his interests, desires and preferences. Activities such as feeding, bathing and dressing...the 3-year-old wants to do them "all by myself"! During this visit some questions your provider may ask include:

Is your child able to feed and dress with little or no help?

When your child is speaking, is he using 2 or 3 short sentences together?

Can your child draw a person with at least 2 parts?

- Your child's height, weight, **BMI** and blood pressure will be measured.
- Your child will have a visual acuity screen.
- Your child will have a complete head-to-toe physical examination.
- Your provider will ask questions about exposure to **tuberculosis** and **lead**.
- Your child may receive one or more immunizations.
- 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 information on safety, and talk about TV limits, preschool readiness and the importance of reading with your child.

### Preventive Care Tips: Vision Screening

Vision screening is important, because many vision and eye problems are treatable if found early. Screenings help find children who need a full eye exam.

Your child's provider will examine his eyes at each well-child visit. In children less than 3 years of age, a vision screen will usually consist of an examination for the **red reflex** (checks for **cataracts** and **retinoblastoma**), eye alignment (misaligned eyes may indicate **strabismus**) and eye movements.

Beginning at three years of age, your child should have a more formal test of their vision, known as a visual acuity test. Visual acuity tests measure how well your child can see.

Visual acuity tests are usually done at ages 3, 4, 5, 6, 8, 10, 12, 15 and 18 years of age and any other time if there's a concern.

Signs that your child may have a problem with his or her vision include:

- Holding toys or books close to the eyes
- Difficulty recognizing faces at a distance
- Having a tendency to squint
- Complaints that the classroom blackboard is difficult to see
- Eyes that seem to cross, drift or seem lazy
- Eyelids that droop or one eye that tends to close

Visual acuity passing scores vary based on the age of the child. Passing scores are 20/40 for children 3-4 years old and 20/20 for older children. In addition to their visual acuity, how a child's two eyes compare to each other is also important. At any age, if there is a difference between the eyes, then that might indicate a serious loss of vision.

Children who fail a vision screening test in the provider's office should be seen by an eye care professional for a full eye exam and more formal testing.

### Is Your Child Starting School?

Buying new school clothes, pencils and notebooks might be on your list of things to do before sending your child off to school, but did you know that immunizations and a comprehensive wellness screening are also required for new school entry?

Your healthcare provider will provide documentation of the immunizations and wellness screens that your child has received. This information will need to be given to the school to complete the enrollment process.

### What To Expect At The 4 Year Visit

- Your child will have his blood pressure checked.
- Your child will have a vision and hearing screen.
- Your child may receive one or more immunizations.
- Your provider will ask questions about exposure to tuberculosis and lead.

West Virginia HealthCheck Program

1-800-642-9704

[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)