ChildrenFirst is a rewards program for parents whose children are members of Community Health Plan of Washington. They can earn a $20 online gift card after every child checkup if they:

- Keep up-to-date on all Well Child checkups.
- Keep up-to-date on all immunizations recommended by the CDC.

In order to receive their reward, members must have the doctor’s office (you) file a claim on their behalf. ChildrenFirst claim forms can be found at chpw.org/for-providers/documents-and-tools.

If you are not familiar with ChildrenFirst, please call us at 1-800-440-1561. We can guide you through the claims process.
Welcome to the world, 
(baby’s name)!

Child Checkups

<table>
<thead>
<tr>
<th>Age</th>
<th>Immunization</th>
<th>Flu shot</th>
<th>Well Child Visit</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 YRS</td>
<td>★</td>
<td>★</td>
<td>★</td>
</tr>
<tr>
<td>6 YRS</td>
<td>★</td>
<td>★</td>
<td>★</td>
</tr>
<tr>
<td>7 YRS</td>
<td>★</td>
<td>★</td>
<td>★</td>
</tr>
<tr>
<td>8 YRS</td>
<td>★</td>
<td>★</td>
<td>★</td>
</tr>
<tr>
<td>9 YRS</td>
<td>★</td>
<td>★</td>
<td>★</td>
</tr>
<tr>
<td>10 YRS</td>
<td>★</td>
<td>★</td>
<td>★</td>
</tr>
</tbody>
</table>

Teen Checkups

<table>
<thead>
<tr>
<th>Age</th>
<th>Immunization</th>
<th>Flu shot</th>
<th>Well Child Visit</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 YRS</td>
<td>★</td>
<td>★</td>
<td>★</td>
</tr>
<tr>
<td>12 YRS</td>
<td>★</td>
<td>★</td>
<td>★</td>
</tr>
<tr>
<td>13 YRS</td>
<td>★</td>
<td>★</td>
<td>★</td>
</tr>
<tr>
<td>14 YRS</td>
<td>★</td>
<td>★</td>
<td>★</td>
</tr>
<tr>
<td>15 YRS</td>
<td>★</td>
<td>★</td>
<td>★</td>
</tr>
<tr>
<td>16 YRS</td>
<td>★</td>
<td>★</td>
<td>★</td>
</tr>
<tr>
<td>17 YRS</td>
<td>★</td>
<td>★</td>
<td>★</td>
</tr>
<tr>
<td>18 YRS</td>
<td>★</td>
<td>★</td>
<td>★</td>
</tr>
</tbody>
</table>

Key

- Immunization
- Flu shot
- ★ Well Child Visit

*Flu and HPV immunizations are optional and not required for rewards.
Birthday: ____________________

Weight: ____________________

Length: ____________________

Sex: ______________________

Doctor’s name: ____________________

Doctor’s phone: ____________________

Well Child Reward
Checkup Schedule

Infant Checkups

- 2 WEEKS
- 1 MONTH
- 2 MONTHS
- 4 MONTHS
- 6 MONTHS
- 9 MONTHS

Toddler Checkups

- 12 MONTHS
- 15 MONTHS
- 18 MONTHS
- 24 MONTHS
- 30 MONTHS
- 3 YEARS
- 4 YEARS
Most babies need to have at least 8 checkups by their first 18 months.

- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months

There is a section in this book for each visit.

Bring it with you when you see the doctor.

A Healthy Start at Life

Regular checkups with the doctor are really important for your baby's health. At each visit, the doctor will:

- Weigh your baby,
- Measure their body and head,
- Give them important immunizations (shots) to help protect them from diseases.

Information in this book is intended to be general guidance for children who are generally healthy. If your child has special health needs, make a plan with your doctor to get them the care they need.
1 Month Visit

The doctor will ask if your baby is starting to smile, lift their head during tummy time, or follow you with their eyes.

Your baby may have gotten their first shots when they were born. Check with your doctor to make sure they are up to date.

Baby’s weight: ____________________________

Baby’s height: ____________________________

Notes from this visit: ____________________________

____________________________________

____________________________________

____________________________________

Before you leave…

Next appointment set for: ____________________________  (date)

Don’t forget to claim your $20 online gift card reward from ChildrenFirst!

Talk to your doctor’s office to get started. If they have any questions, show them the back cover of this booklet.
2 Months Visit

The doctor will ask if your baby is smiling, moving their arms and legs together, or getting fussy when they're bored.

The doctor will give your baby immunizations (shots) to protect them from diseases:

- **Rotavirus (1st of 3)**
- **HepB (2nd of 3)**
- **IPV (1st of 3)**
- **PCV13 (1st of 4)**
- **DTap (1st of 4)**
- **Hib (1st of 3)**

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**Before you leave…**

- **Baby’s weight:**
- **Baby’s height:**
- **Notes from this visit:**

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**Next appointment set for:** __________ (date)

*Don’t forget to claim your $20 online gift card reward from ChildrenFirst!*

Talk to your doctor’s office to get started. If they have any questions, show them the back cover of this booklet.
4 Months Visit

The doctor will ask if your baby is babbling, reaching for things, or starting to roll.

The doctor will give your baby immunizations (shots) to protect them from diseases:

- **Rotavirus** (2nd of 3)
- **IPV** (2nd of 3)
- **PCV13** (2nd of 4)
- **DTap** (2nd of 4)
- **Hib** (2nd of 3)

**Before you leave…**

- **Baby’s weight:** ____________________________
- **Baby’s height:** ____________________________
- **Notes from this visit:** ____________________________

Next appointment set for: ____________________________

*(date)*

*Don’t forget to claim your $20 online gift card reward from ChildrenFirst!*

Talk to your doctor’s office to get started. If they have any questions, show them the back cover of this booklet.
6 Months Visit

The doctor will ask if your baby is trying to sit, looking around, or putting things in their mouth.

The doctor will give your baby immunizations (shots) to protect them from diseases:

- **Rotavirus** *(3rd of 3)*
- **HepB** *(3rd of 3)*
- **Flu** *(1st of 2)*
- **PCV13** *(3rd of 4)*
- **DTap** *(3rd of 4)*
- **Hib** *(3rd of 3)*

Before you leave...

- **Baby’s weight:** ____________________________
- **Baby’s height:** ____________________________
- **Notes from this visit:** ____________________________
  ____________________________
  ____________________________
  ____________________________
  ____________________________

Next appointment set for: ____________________________ *(date)*

**Don’t forget to claim your $20 online gift card reward from ChildrenFirst!**

Talk to your doctor’s office to get started. If they have any questions, show them the back cover of this booklet.
9 Months Visit

The doctor will ask if your baby is babbling, reaching for things, or starting to crawl.

The doctor will give your baby immunizations (shots) to protect them from diseases:

- **Flu** (2nd of 2)

Before you leave...

Baby’s weight: __________________________

Baby’s height: _________________________

Notes from this visit: ___________________

_____________________________________

Next appointment set for: ________________ (date)

*Don’t forget to claim your $20 online gift card reward from ChildrenFirst!*

Talk to your doctor’s office to get started. If they have any questions, show them the back cover of this booklet.
1 Year Visit

The doctor will ask if your baby is starting to stand, trying to use objects, or copying your motions.

The doctor will give your baby immunizations (shots) to protect them from diseases:

- MMR (1st of 1)
- VAR (1st of 1)
- HepA (1st of 2)
- PCV13 (4th of 4)
- Hib (4th - if needed)

Before you leave…

Baby’s weight: ____________________________

Baby’s height: ____________________________

Notes from this visit: ____________________________

________________________________________

________________________________________

________________________________________

Next appointment set for: ____________________________

Don’t forget to claim your $20 online gift card reward from ChildrenFirst!

Talk to your doctor’s office to get started. If they have any questions, show them the back cover of this booklet.
15 Months Visit

The doctor will ask if your baby is starting to use objects correctly, respond to simple questions, or take their first steps.

The doctor will give your baby immunizations (shots) to protect them from diseases:

- DTap (4th of 4)
- Flu (1 each year)

Before you leave…

Baby’s weight: ____________________________

Baby’s height: ____________________________

Notes from this visit: ____________________________________________

________________________________________

________________________________________

Next appointment set for: ____________________________

(date)

Don’t forget to claim your $20 online gift card reward from ChildrenFirst!

Talk to your doctor’s office to get started. If they have any questions, show them the back cover of this booklet.
18 Months Visit

The doctor will ask if your baby is using more words, trying to climb, or doing things for him or herself.

There are no specific immunizations (shots) scheduled for this visit. Check with your doctor to make sure your child is up to date.

Before you leave…

Baby’s weight: _____________________________

Baby’s height: _____________________________

Notes from this visit: _____________________________

___________________________________________

___________________________________________

___________________________________________

Next appointment set for: _____________________________

(date)

Don’t forget to claim your $20 online gift card reward from ChildrenFirst!

Talk to your doctor’s office to get started. If they have any questions, show them the back cover of this booklet.