













# When should your child see a doctor for checkups?

## WELL-CHILD SCHEDULES






### Infant

Age	Well-Child Visit	Immunization	Flu shot
2 weeks	★		
1 month	★		
2 months	★		
4 months	★		
6 months	★		
9 months	★		

### Toddler

Age	Well-Child Visit	Immunization	Flu shot
12 months	★		
15 months	★		
18 months	★		
24 months	★		
30 months	★		
3 Years	★		
4 Years	★		

### Child

Age	Well-Child Visit	Immunization	Flu shot
5 years	★		
6 Years	★		
7 Years	★		
8 Years	★		

For the full (age 0 to 18) schedule of well-child check ups, please visit [chpw.org/wellchildrewards](http://chpw.org/wellchildrewards)

## What is ChildrenFirst?

You are at the center of your family and your health. CHPW's ChildrenFirst program rewards you with gift cards for taking care of yourself and your children during and after pregnancy.

Contact us or go online for more details.



### Call us

**1-800-440-1561 (TTY: 711)**

Monday-Friday, 8 a.m. to 5 p.m.



### Online

[chpw.org/childrenfirst](http://chpw.org/childrenfirst)



**COMMUNITY HEALTH PLAN**  
of Washington™

[chpw.org](http://chpw.org)

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**COMMUNITY HEALTH PLAN**  
of Washington™

The power of community

# ChildrenFirst™

Get rewards for keeping you  
and your children healthy.





# 3 easy ways to earn gift cards\* just for staying healthy

Community Health Plan of Washington's (CHPW) ChildrenFirst program rewards you for staying up to date on your and your kids' health.

## Prenatal Rewards



See the doctor during your first 3 months of pregnancy



Get a **\$60 gift card**



Make a second prenatal visit and earn a **\$40 gift card**

Up to **\$100** for prenatal visits



## Postpartum Rewards



Visit the doctor 1 to 12 weeks after giving birth



Get a **\$50 gift card**



Enjoy rewards for taking care of your health

**\$50** gift card after giving birth



## Well-Child Rewards



Take your child for a well-child visit



Get a **\$20 gift card**

**\$540**



27 possible visits = 27 gift cards

**Grand total = \$540**

**\$20** reward for each well-child checkup



CHPW also provides up to \$200 coverage for child circumcision.

\* Gift card choices include Amazon, Safeway, and Target



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