

# Wellness Journey

Your baby's 1st year



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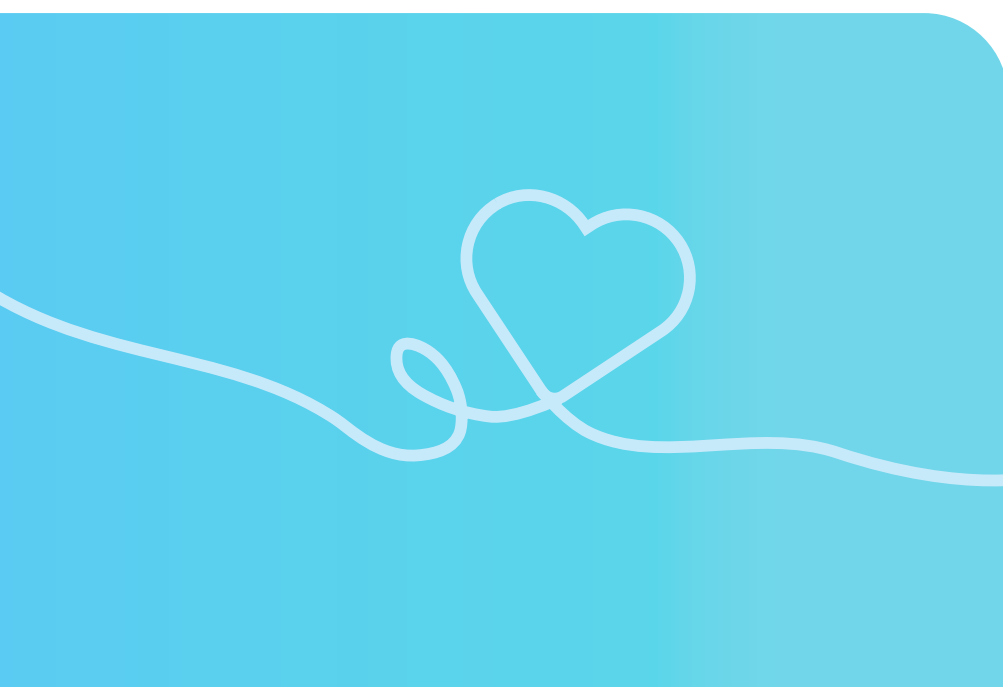
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**DISCLAIMER:** This booklet contains general guidance on what to expect during your baby's first year of doctor visits. Please talk with your baby's doctor about the best care for your child.



# Important!

Apply for your baby's Medi-Cal #.

After Medi-Cal confirms your baby's enrollment, then call IEHP Enrollment Services to get your newborn's IEHP member ID #. This number is needed when you make your baby's doctor appointment. (See pg. 8 for details.)

Your baby's IEHP ID #:

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# Your Newborn's Facts

Baby's Name:

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Baby's Birthdate and Time:

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Baby's Length: \_\_\_\_\_

Baby's Weight: \_\_\_\_\_

# Your Baby's Doctor

Pediatrician:

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Address:

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Phone Number: \_\_\_\_\_

# Week of Delivery

## At the Hospital

Visit by Age	What to Expect at Your Child's Doctor Visit	Visit Date/Time (fill in)	✓ Check (check when done)
<b>Newborn</b> (at birth, during hospital stay)	<ul style="list-style-type: none"> <li>• Physical exam</li> <li>• Check weight, height, and size of head</li> <li>• Check muscle strength</li> <li>• Check hips</li> <li>• Newborn blood tests</li> </ul> <p><b>SCREENINGS</b></p> <ul style="list-style-type: none"> <li>• Hearing screening</li> <li>• Bilirubin screening</li> <li>• Heart disease screening</li> </ul> <p><b>IMMUNIZATIONS</b></p> <ul style="list-style-type: none"> <li>• Hepatitis B (1st dose)</li> </ul>		

### Milestones (at Birth)

- Looks in parent eyes
- Calms when picked up
- Shows discomfort through crying, facial expressions, or body movement
- Moves/calms to parent voice
- Keeps hands in fists
- Automatically grasps objects
- Moves arms and legs quickly (Moro/Startle reflex) in response to a loud sound

### My Questions for the Doctor

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## First Week

Visit by Age	What to Expect at Your Child's Doctor Visit	Visit Date/Time (fill in)	✓ Check (check when done)
<b>First Week</b> (1st visit after birth)	<ul style="list-style-type: none"> <li>• Physical exam</li> <li>• Check weight, height, and size of head</li> <li>• Check muscle strength</li> <li>• Check hips</li> <li>• Newborn blood tests (if not completed in hospital)</li> </ul> <p><b>SCREENINGS</b></p> <ul style="list-style-type: none"> <li>• Hearing screening</li> </ul> <p><b>IMMUNIZATIONS</b></p> <ul style="list-style-type: none"> <li>• Hepatitis B (1st dose, if not completed in hospital)</li> </ul>		

### Milestones (Week 1)

- Calms to adult voice
- Lifts head briefly when on stomach
- Keeps hands in fists
- Moves arms and legs quickly (Moro Startle reflex) in response to a loud sound

### My Questions for the Doctor

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## Getting health coverage for your baby

Did you know your baby only has coverage under yours (mom's insurance) for the month of birth and the month after? Follow these steps to set up your baby's own health insurance.

### 1 Enroll Baby Into Medi-Cal

Call local Medi-Cal office to enroll your baby into Medi-Cal and add baby to mom's case (if applicable):

#### Riverside County

For general information: **1-877-410-8827**

Find your district office:

<https://rivcodpss.org/office-locations/more-locations>

#### San Bernardino County

For general information: **1-877-410-8829**

Find your district office:

<https://wp.sbcounty.gov/tad/find-an-office/>

You can also set up an account online with [www.BenefitsCal.com](http://www.BenefitsCal.com).

### 2 Enroll Baby Into IEHP

Call IEHP Enrollment Services at **1-866-294-4347**, Monday – Friday, 8am – 5pm.

**TTY** users should call **1-800-720-4347**.

You may also call Health Care Options at **1-800-430-4263** or visit [www.healthcareoptions.dhcs.ca.gov](http://www.healthcareoptions.dhcs.ca.gov).

**TTY** users should call **1-800-430-7077**.



### 3 Select Your Child's Pediatrician

After enrolling your child with IEHP, select their provider:

- Use the “Find a Doctor” search at [www.IEHP.org](http://www.IEHP.org)
- Select “More options” to filter for pediatricians
- Filter by “Location” to find a doctor near you

### Need assistance with completing any of these To-Dos?

Call IEHP Member Services at **1-800-440-IEHP (4347)**; **TTY** users should call **1-800-718-4347**.

# Well Baby Visits

## 1-Month Visit

Visit by Age	What to Expect at Your Child's Doctor Visit	Visit Date/Time (fill in)	✓ Check (check when done)
<b>1 Month</b>	<ul style="list-style-type: none"> <li>• Physical exam</li> <li>• Check weight, height, and size of head</li> <li>• Check muscle strength</li> <li>• Check hips</li> <li>• Newborn blood tests</li> </ul> <p><b>SCREENINGS</b></p> <ul style="list-style-type: none"> <li>• Hearing screening</li> </ul> <p><b>IMMUNIZATIONS</b></p> <ul style="list-style-type: none"> <li>• Hepatitis B (2nd dose)</li> </ul>		

### Milestones (at 1 Month)

- Follows parent with eyes
- Comforts self with bringing hands to mouth
- Fussy when bored
- Calms when picked up/spoken to
- Looks briefly at objects
- Quiets to parent voice
- Different cries for hunger/tired
- Moves both arms and legs together
- Opens fingers slightly at rest

### My Questions for the Doctor

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## 2-Month Visit

Visit by Age	What to Expect at Your Child's Doctor Visit	Visit Date/Time (fill in)	✓ Check (check when done)
<b>2 Months</b>	<ul style="list-style-type: none"> <li>• Physical exam</li> <li>• Check weight, height, and size of head</li> <li>• Check muscle strength</li> <li>• Check hips</li> </ul> <p><b>SCREENINGS</b></p> <ul style="list-style-type: none"> <li>• Hearing screening</li> </ul> <p><b>IMMUNIZATIONS</b></p> <ul style="list-style-type: none"> <li>• Hepatitis B (2nd dose if not given at 1st month)</li> <li>• Rotavirus (1st dose)</li> <li>• DTaP (1st dose)</li> <li>• Hib (1st dose)</li> <li>• PCV (1st dose)</li> <li>• IPV (Polio) (1st dose)</li> </ul>		

### Milestones (at 2 Months)

- Calms down when spoken to/picked up
- Looks at your face
- Seems happy to see you
- Smiles when you talk/smile
- Makes sounds other than crying
- Reacts to loud sounds
- Watches you as you move
- Looks at toy for several seconds
- Holds head up when on tummy
- Moves both arms and both legs
- Opens hands briefly

### My Questions for the Doctor

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## 4-Month Visit

Visit by Age	What to Expect at Your Child's Doctor Visit	Visit Date/Time (fill in)	✓ Check (check when done)
<b>4 Months</b>	<ul style="list-style-type: none"> <li>Physical exam</li> <li>Check weight, height, and size of head</li> </ul> <p><b>SCREENINGS</b></p> <ul style="list-style-type: none"> <li>Anemia screening</li> </ul> <p><b>IMMUNIZATIONS</b></p> <ul style="list-style-type: none"> <li>Rotavirus (2nd dose)</li> <li>DTaP (2nd dose)</li> <li>Hib (2nd dose)</li> <li>PCV (2nd dose)</li> <li>IPV (Polio) (2nd dose)</li> </ul>		

### Milestones (at 4 Months)

- Smiles to get your attention
- Chuckles
- Looks at you, moves, or makes sounds to get attention
- Makes “ooooo” or “aahhh” sounds
- Turns head toward the sound of voice
- Opens mouth when seeing breast or bottle, if hungry
- Looks at hands with interest
- Holds head steady without support
- Holds toy when placed in hand
- Uses arm to swing toys
- Brings hands to mouth
- Pushes up onto elbows/forearms when on tummy

### My Questions for the Doctor

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## 6-Month Visit

Visit by Age	What to Expect at Your Child's Doctor Visit	Visit Date /Time (fill in)	✓ Check (check when done)
<b>6 Months</b>	<ul style="list-style-type: none"> <li>Physical exam</li> <li>Check weight, height, and size of head</li> <li>Oral assessment and fluoride varnish to teeth (once you see your baby's first tooth)</li> </ul> <p><b>SCREENINGS</b></p> <ul style="list-style-type: none"> <li>Lead screening (can start as early as 6 months)</li> <li>Tuberculosis screening</li> </ul> <p><b>IMMUNIZATIONS</b></p> <ul style="list-style-type: none"> <li>Hepatitis B (3rd dose)</li> <li>Rotavirus (3rd dose as needed)</li> <li>DTaP (3rd dose)</li> <li>Hib (3rd dose)</li> <li>PCV (3rd dose)</li> <li>IPV (Polio)(3rd dose)</li> <li>Flu (1st dose)</li> </ul>		

### Milestones (at 6 Months)

- Knows familiar people
- Likes to look at self in mirror
- Laughs
- Takes turns making sounds with you
- Makes squealing noises
- Puts things in mouth to explore them
- Reaches to grab a toy
- Rolls from tummy to back
- Pushes up with straight arms on tummy
- Leans on hands to support self when sitting

### My Questions for the Doctor

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## 9-Month Visit

Visit by Age	What to Expect at Your Child's Doctor Visit	Visit Date/Time (fill in)	✓ Check (check when done)
<b>9 Months</b>	<ul style="list-style-type: none"> <li>Physical exam</li> <li>Check weight, height, and size of head</li> <li>Oral assessment and fluoride varnish to teeth (if not already completed)</li> </ul> <p><b>SCREENINGS</b></p> <ul style="list-style-type: none"> <li>Lead screening (if not already completed)</li> <li>Developmental screening</li> </ul>		

### Milestones (at 9 Months)

- Is shy, clingy, or fearful around strangers
- Shows several facial expressions (happy, sad, angry, and surprised)
- Looks when you call their name
- Reacts when you leave
- Smiles or laughs when playing peek-a-boo
- Makes a lot of different sounds
- Lifts arms up to be picked up
- Gets to a sitting position
- Moves things from one hand to another
- Uses fingers to rake food toward their body
- Sits without support

### My Questions for the Doctor

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## 12-Month Visit

Visit by Age	What to Expect at Your Child's Doctor Visit	Visit Date/Time (fill in)	✓ Check (check when done)
<b>12 Months</b>	<ul style="list-style-type: none"> <li>Physical exam</li> <li>Oral assessment and fluoride varnish to teeth (if not already completed)</li> </ul> <p><b>SCREENINGS</b></p> <ul style="list-style-type: none"> <li>Lead testing (if not already completed)</li> <li>Tuberculosis screening</li> <li>Anemia screening</li> </ul> <p><b>IMMUNIZATIONS</b></p> <ul style="list-style-type: none"> <li>Hepatitis A (1st dose)</li> <li>Hepatitis B (3rd dose if not given at 6 months)</li> <li>Hib (3rd dose if not given at 6 months)</li> <li>PCV (4th dose)</li> <li>Flu (2nd dose)</li> <li>MMR (1 dose only)</li> <li>Varicella (chicken pox) (1 dose only)</li> </ul>		

### Milestones (at 12 Months)

- Waves “bye-bye”
- Plays games with you, like pat-a-cake
- Calls a parent “mama” or “dada” or another special name
- Understands “no” (pauses briefly or stops when you say it)
- Puts something in a container, like a block in a cup
- Looks for things that you hide, like a toy under a blanket
- Pulls up to stand
- Walks, holding on to furniture
- Drinks from a cup without a lid, as you hold it
- Picks things up between thumb and pointer finger, like small bits of food



# Your Infant's Oral Exam and More



## Your Infant's Oral Exam

Make an appointment for your baby's first dental visit as soon as their first tooth comes in—or by their first birthday, whichever comes first.

Dental coverage is part of the Medi-Cal program. To learn more, visit [www.dental.dhcs.ca.gov](http://www.dental.dhcs.ca.gov) or call the Medi-Cal Dental Program at 1-800-322-6384, M-F, 8am-5pm.

## Baby's Milestones

For more information on milestones, please see <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

## Notes

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## Have more appointments to track?

Visit Date / Time (fill in)	With Whom? (fill in)	Where? (fill in)	Visit Date / Time (fill in)

## FREE Wellness Resources



### **IEHP 24-Hour Nurse Advice Line**

(for IEHP members only):  
**1-888-244-4347;**  
TTY users should call **711.**



### **Breastfeeding Support**

Loving Support  
helpline:  
**1-888-451-2499.**

### **Baby-N-Me App**

Pregnancy and new baby app:



**Track your baby's growth  
and more.**

### **Transportation Service**

For details and to see  
if you qualify for  
transportation services  
(e.g., bus passes), call  
our transportation vendor  
Call the Car (CTC) at  
**1-855-673-3195.**

### **IEHP Health and Wellness Programs**

See IEHP's Upcoming Events page at [www.iehp.org](http://www.iehp.org)  
or call Member Services.



*We heal and inspire  
the human spirit.*



Inland Empire Health Plan

*iehp.org*

