



# ARKids First

Guide to:

**ARKids First Coverage**



**Wellness Schedules**



**Health & Safety Tips**

**ARKids 1st**  
Growing Healthy ARKids!

[ARKidsFirst.com](http://ARKidsFirst.com)



## **Vaccines save lives**

On-time vaccinations throughout childhood are the best way to keep your child healthy.

Protect your child with vaccinations before he or she is exposed to diseases that are life-threatening.

Ask your doctor if your child's shots are current. Work with your doctor to get your child on schedule if any vaccines have been missed.

## **Well-child checkups help keep your kids growing strong!**

Be sure your healthy child gets his or her well-child and dental checkups.

Ask your doctor if your child needs hearing or vision exams.

## **Benefit questions?**

Call 1-888-474-8275 or visit your local Department of Human Services office.

## ARKids First Coverage

**Regular checkups help keep your kids healthy, in school and out of the emergency room.** Most people must choose a "primary care physician," or PCP.

### What is a primary care physician or "PCP"?

Your PCP is the doctor who is in charge of keeping your child healthy.

#### Your PCP:

- provides most of your child's healthcare
- keeps a record of your child's health and medical care
- provides well-child checkups that may include vaccines, physical exams and developmental, behavioral, and learning evaluations
- makes the arrangements if your child needs special care for a health problem. You need your PCP's okay (called a referral) for ARKids First to pay the bill for special care

Ask your PCP's office if it has an after-hours emergency phone number. Call this number if you have a serious but not life-threatening problem, like if your child keeps throwing up.

### Medical emergency

A medical emergency is when you believe that your child's life or health is in serious danger – when every second counts.

In an emergency, you have a right to go to any hospital and do not need a referral from your doctor.

If you seek emergency care when it's not an emergency, you will have to pay the bill.

**If you have questions about your ARKids First benefits, call us toll-free at 1-888-474-8275 or visit your local Department of Human Services office.**

## ARKids First covers well-child checkups, dental checkups, and eye exams

Well-Child Checkups and Immunizations/ Vaccinations	Birth	1 Month	2 Months	4 Months	6 Months	12 Months	15 Months	18 Months	19-23 Months	2-3 Years	4-6 Years
Immunization		Well-Child Checkup	Well-Child Checkup	Well-Child Checkup	Well-Child Checkup	Well-Child Checkup	Well-Child Checkup	Well-Child Checkup		Well-Child Checkup	Well-Child Checkup
Hepatitis B	HepB	HepB					HepB				
Rotavirus			RV	RV	RV						
Diphtheria, Tetanus, Pertussis			DTaP	DTaP	DTaP			DTaP			DTaP
Haemophilus Influenzae Type B			Hib	Hib	Hib		Hib				
Pneumococcal			PCV13	PCV13	PCV13		PCV13				
Polio			IPV	IPV			IPV				IPV
Influenza									Influenza (Yearly*)		
Measles, Mumps, Rubella							MMR				MMR
Varicella							Varicella				Varicella
Hepatitis A								HepA, 2 doses			

**Dental checkups** should begin at age 1 and be repeated annually.

**Eye exams and hearing exams** should follow recommendations of your pediatrician.

Shaded boxes indicate the age range when the vaccine can be given.

\*Two doses given at least four weeks apart are recommended for children age 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.

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