KIDS FIRST PEDIATRICS ON 30
Caring for your child, together

Your Well-Visit: What to Expect

A warm, simple guide for every age — kids, teens & young adults

Well-visits are one of the most meaningful ways we partner with you to help you or your child stay healthy and thriving — at every age, from the first year of life through the teen and young adult years. These checkups give us time to celebrate healthy growth, answer the questions on your mind, and gently look for anything that may need attention — so we can catch small things early, long before they become bigger concerns. This is what we call **preventive care**, and it's at the very heart of what we do.

During the visit, your provider will...

- 🌱 **Measure growth** — weight, height/length, head size (age 2 & under), and blood pressure (age 3 & up)
- 🍎 **Talk about nutrition & growth** and healthy, everyday eating habits
- 🛟 **Discuss safety & wellbeing** topics that fit each age & stage
- 🩺 **Complete a gentle head-to-toe exam** to check on overall health
- ⭐ **Review development & milestones** and celebrate every step of progress
- ⚽ **Complete school, daycare & sports-physical forms** and screening for student athletes

Screenings that help us catch things early

Depending on age, we may include a few extra screenings. These follow the **American Academy of Pediatrics' Bright Futures Guidelines** — the gold standard in pediatric care. They're billed separately, and while most plans cover them, coverage can vary by insurance.

- 📋 Developmental questionnaires (ASQ, M-CHAT & others)
- 👁️ Vision screening (Welch Allyn Spot Vision Screener)
- 💬 Depression, anxiety, ADHD & other standardized screenings
- 🩸 Hemoglobin and lead blood testing
- 👂 Hearing screening
- 🦷 Fluoride varnish to protect little teeth (through age 5)

Good news about coverage: The physical exam, age-appropriate screenings, and recommended vaccines included in your visit are **standard components of preventive well visits**. For patients with ACA-compliant insurance plans, they are generally **covered at 100%** — with **no copay, coinsurance, or deductible**.

🧾 If your insurance says you owe

Federal rules require each preventive service to be billed with its own code, so an insurer may occasionally apply a charge by mistake for a service that should be covered.

What you can do — contact your insurance company and ask them to review or reprocess the claim. You can say:

- These services are part of routine preventive care covered under my plan.
- The provider correctly billed them separately using the required CPT codes.
- Please reprocess the claim according to preventive care coverage guidelines.

Still not resolved? File a complaint with your state insurance department:

- **Indiana Dept. of Insurance** — in.gov/idoi (click "File a Consumer Complaint")
- **Illinois Dept. of Insurance** — illinois.gov (File an Insurance Complaint)

✅ When a separate charge is correct

Recommended vaccines are covered as preventive care, and the VFC program covers eligible children.

But if we also evaluate or treat a **separate concern** during your visit — like an ear infection, asthma, or ADHD — we're required to **document, code, and bill that separately**, which may apply a copay, coinsurance, or deductible depending on your plan. That charge is correct and is different from your preventive services.

↩️ Refund & documentation

If your insurance reprocesses the claim and issues payment, any amount you already paid is **promptly refunded**. Need documentation to support an appeal? Call our billing team at (219) 322-8534.

❤️ Questions before your visit? We're always here to help.