



Well Visits at Every Age

Well visits—or routine checkups—are an important part of receiving the best care. They give your doctor a chance to screen for symptoms that you may not have noticed, and also allow him or her to get to know you or your child at your baseline. This means when you come in sick, he or she can compare you to your own healthy selves rather than what they see in other patients.

Infants and Children

What can parents expect during well-child visits?

Your doctor should examine your infant regularly because he or she is growing quickly in the first two years.

A [typical exam schedule](#) for infants, based on recommendations of the [American Academy of Pediatrics and Bright Futures](#), might look like this:

- By 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 1 year
- 15 months
- 18 months
- 2 years

Each visit includes a complete physical exam. The doctor will check your child's growth and development, and will record his or her height, weight, head circumference, and other important information. At some visits, your doctor will also test for hearing, vision, and other functions.

Well-child visits are key times for communication. These appointments give you and your pediatrician a chance to get to know each other and exchange questions and answers. Expect to receive information about normal development milestones, nutrition, sleep, safety, diseases that

are going around, and other important topics. It may be helpful to write down questions and concerns prior to the visit.

Adults

Checkup Checklist

Before your next check-up, make sure you do these four things:

1. **Review your family health history.** Are there any new conditions or diseases that have occurred in your close relatives since your last visit? If so, let your doctor know. Family history might influence your risk of developing heart disease, stroke, diabetes, or cancer. Your doctor may also recommend things you can do to help prevent disease, such as increasing your physical activity, changing your diet, or getting a health screening.
2. **Find out if you are due for any general screenings or vaccinations.** Have you had the recommended screening tests based on your age, general health, family history, and lifestyle? Check with your health care provider to see if it's time for any vaccinations, follow-up exams, or tests.
3. **Write a list of issues and questions for your doctor.** Have you noticed any body changes, including lumps or skin changes? Are you having pain, dizziness, fatigue, problems with urine or stool, or menstrual cycle changes? Have your eating, exercise, or lifestyle habits changed? Are you experiencing depression, anxiety, trauma, distress, or sleeping problems? Did you stop taking your medication(s) as directed? If so, note when the change began, how it's different from before, and any other observation that you think might be helpful.
4. **Consider your future.** Are you thinking about, losing weight, taking a hazardous job, quitting smoking, or getting treatment for infertility? Discuss any issues with your provider so that you can make better decisions regarding your health and safety.

-Courtesy of the Centers for Disease Control and Prevention
and the American Academy of Pediatrics