DEPARTMENT OF SOCIAL SERVICES
Division of Medical Services
700 Governors Drive
Pierre, South Dakota 57501-2291
605-773-3495 Fax: 605-773-5246
Medical@state.sd.us

An Important Message About Your Child's Health

To the Parents of:

As a parent, you want your child to be healthy and happy. That's why it's important to make sure your child receives regular medical check-ups and immunizations from dangerous diseases. Regular check-ups allow your child's Primary Care Provider (PCP) to:

- **Monitor your child's health to prevent problems.**
- **Find problems early, before they become difficult to treat.**
- **Make sure your child gets the right immunizations at the right time.**

All of these important services are available -- ***at no cost to you*** -- through the Healthy Kids Klub, a comprehensive health care program for South Dakota's children.

The Healthy Kids Klub is Free

That's right. Because your child is eligible to participate in the Healthy Kids Klub, these services are absolutely free. Your child is already eligible. We encourage you to use this program. In addition, immunizations, physical and developmental screenings, and health education services may be available through your local community health nurse.

Based on your child's age, these Healthy Kids Klub check-ups and immunizations are due:

Your child's PCP may recommend a different schedule so it is important that you check with him or her to see if your child requires these check-ups or immunizations now.

See the complete Healthy Kid's Klub check-up and immunization schedule on back of this notice.

Blood Lead Testing: Children should be tested for lead in their blood at **12** and **24** months of age. If your child is at high risk for lead poisoning, your PCP may advise more frequent testing.
Your child is currently due for:

Take time to ensure a healthy future for your child

Call your PCP to arrange for these checkups and immunizations today

Healthy Kids Klub
Check-Up & Immunization Schedules

Suggested Medical Check-Ups

Birth up to 1 Week
1 Week up to 6 Weeks
6 Weeks up to 3 Months
3 Months up to 5 Months
5 Months up to 8 Months
8 Months up to 11 Months
11 Months up to 14 Months
14 Months up to 17 Months
17 Months up to 20 Months
20 Months up to 24 Months
2 Years
Every Year Until Age 21

Suggested Dental Check-Ups

Starting at Age 3 – Yearly Thereafter

Suggested Vision Check-Ups

Starting at Age 5 – Yearly Thereafter

Suggested Hearing Check-Ups

Ask your child's PCP
to determine if hearing tests are needed.

Blood Lead Testing

At ages 12 and 24 months
and as directed by your child's PCP.

Recommended Childhood and Adolescent Immunization Schedule

Vaccine ▼ / Age ▶	Birth	1 Mo	2 Mos	4 Mos	6 Mos	12 Mos	15 Mos	18 Mos	24 Mos	4-6 Yrs	11-12 Yrs
Hepatitis B	HepB #1	HepB #2			HepB #3						
Diphtheria, Tetanus, Pertussis			DTaP	DTaP	DTaP		DTaP			DTaP	Td
Haemophilus Influenzae Type b			Hib	Hib	Hib	Hib					
Inactivated Polio			IPV	IPV	IPV					IPV	
Measles, Mumps, Rubella						MMR #1				MMR #2	
Varicella						Varicella					
Pneumococcal			PCV	PCV	PCV	PCV					
Influenza					Influenza (Yearly)						
Meningococcal											MCV4

Overweight Children: An Increasing Problem

One in three South Dakota school-age children are overweight or at risk of being overweight. Inappropriate eating behaviors and decreased physical activity contribute to obesity in children. Being overweight increases the risk for diabetes, high blood pressure and other health problems. Visit with your child's Primary Care Provider (PCP) if you have questions or concerns about your child's weight.

Suggestions to help your child achieve and maintain a healthy weight:

- Increase daily exercise for your child and family.
- Eat healthy meals and snacks by following the food guide pyramid.
- Be a role model with your own diet and exercise.
- Limit the TV to one hour per day and don't allow eating in front of the TV.
- Eat meals together as a family at the table.
- Allow your child to help make meals and snacks.