

HEALTH TIPS

from Rosie Roo



Hi Friend!

I hope you've been feeling well! Today we're going to talk about visiting

the doctor.

If you have never been to the doctor, you might think the only reason to go is if you are sick. Why would you need to make a visit when you're feeling healthy?

There are many reasons to visit the doctor. [Kids and adults should get regular checkups to make sure their bodies are working properly.](#) Sometimes you or your parents might want to ask your doctor questions. Or maybe you'd like to talk about safety practices or nutrition. These are all reasons you might visit the doctor's office. You should see your doctor for a well-child visit at least once a year.

What can you expect during a regular checkup?

During your checkup, the first person you will meet at the doctor's office will probably be a [nurse](#). The nurse will start by finding out how tall you are and how much you weigh. Then, he or she might check your blood pressure or take your temperature. Sometimes your eyes or ears might need looked at too. All of this information will go into your medical chart. Your chart is used to tell your doctor more about you.

During a regular checkup, your doctor will take a look at you from head to toe. Here are some of the things your doctor might want to do:

- Listen to your [heart](#) with a stethoscope
- Look into your [ears](#), [nose](#), and [eyes](#)
- Have you stick your [tongue](#) out and say, "AHHHHH!"
- Tap your knee with a little rubber hammer
- Feel around your [tummy](#)
- Do a spine check

After your doctor checks all of these things, they will spend time answering questions and getting to know you better.

Will you have to get a shot?

Probably not! You will get a few [shots](#) as you get older, but not every time you see the doctor.

Is my checkup going to hurt?

Checkups will not hurt and are not supposed to be scary! Think of

visiting your doctor as a great way to learn about your body. Checkups are simply to make sure all of your body parts are working the way they should.

Parents! Did you know you will earn \$20 in My Health Pays rewards just for making sure your child gets a check up each year? Learn more at mhsindiana.com/rewards



ASK (About Special Kids)

MHS is proud to have About Special Kids (ASK) as our partner in the Healthy Kids Club. ASK works to help children with special needs live better lives. They help families that have a child with special needs find services and people that can help them. Call ASK at 1-800-964-4746. Find out more at aboutspeakalkids.org.



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