

Healthy Kids are Better Learners



Does your child have a "medical home"?

A "medical home" is a partnership between a family and their child's primary doctor that is based on mutual trust and respect so that the family feels supported in meeting their child's medical needs. A medical home is not a building, house, or hospital, but rather an approach to providing comprehensive health care.

Research has shown that **all children benefit from annual visits with their doctor**. Here are five reasons why:

1. You receive health educational materials specific to your child's age.
2. You have a chance to bring up any questions you have about your child's development, overall health or specific condition.
3. It gives the child positive experiences with the doctor and their staff when they are not sick.
4. Annual visits also allow the doctor to collect information about the child's health before an urgent problem comes up.
5. It is much faster and easier to get an urgent appointment if your child has been seen within the last year.

So, how do I get a medical home for my child?

1. Start by making sure your child has health insurance. If they don't, WAHA can help you sort out your options, for example:
 - a. A family of four making \$4300 a month can qualify for medical, dental, and vision coverage for their children for only \$15 a month.
 - b. Other options include: commercial student plans, individual and family plans, catastrophic plans, and Health Savings Accounts.
2. **Next, schedule a complete physical** with a doctor who accepts your child's insurance. This type of appointment can also clear your child to play sports for the coming year. If you are having trouble finding a doctor, WAHA can help.
3. **And finally, prepare for the visit.** Call WAHA for a tip sheet on what to expect during a complete physical at your child's age and possible questions to ask your doctor. These tip sheets are also available on-line at <http://www.brightfutures.org/encounter/family/index.html>

Contact WAHA for more information: www.WhatcomAlliance.org

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