

## Need help scheduling or have questions?


### Our care engagement specialists can:

- ✓ Help you make appointments.
- ✓ Answer basic health questions.
- ✓ Connect you with support and resources.

Call us today. We're here to help!



At WellCare of Kentucky, it pays to stay healthy. See how you can earn rewards through the My Health Pays® rewards program. Complete healthy activities and choose your reward from a huge catalog of amazing gift items.

 Call Member Services at **1-877-389-9457** (TTY: **711**) or log on to your member portal at **wellcareky.com**.



WellCare of Kentucky complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-877-389-9457** (TTY: **711**).

ATENCIÓN: Si habla español, contamos con servicios de asistencia lingüística que se encuentran disponibles para usted de manera gratuita. Llame al **1-877-389-9457** (TTY: **711**).

注意：如果您說中文，您可以免費獲得語言援助服務。請致電 **1-877-389-9457** (TTY: **711**)。

## Stay Healthy. Stay Protected. Earn Rewards!

**WELLCARE IS THINKING ABOUT YOU!**  
Annual checkups help your family stay strong.



**Vaccines | Healthy Eating | Exercise**

And you can earn a **reward** when you complete them all!

**wellcareky.com**

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## What to Expect at a Checkup

### Ages 3-5:

- Vision, hearing, and growth checks.
- Shots for MMR, polio, chickenpox, and more.
- Talk about healthy snacks and play.



### Ages 6-8:

- Flu shots.
- Growth and BMI check.
- Fun ways to move more each day.



### Ages 9-13:

- HPV, Tdap, meningitis, and flu shots.
- Talk about healthy eating and exercise.
- Mental health and school check-ins.



### Ages 18-21:

- Flu, HPV, and COVID shots.
- Nutrition and weight support.
- Birth control, mental health, substance use.



### Ages 14-17:

- Meningitis booster shot.
- Talk about food, exercise, and stress.
- STI and emotional health support.



## Why a Yearly Visit?

A yearly checkup helps you or your child:



Track growth and development.



Catch problems early.



Keep up with important vaccines (shots).



Learn how to eat healthy and stay active.



## How to Earn a Reward

- 1 Get your annual checkup.
- 2 Stay up to date on your shots.
- 3 Talk to your doctor about healthy habits.



When you're done, claim your reward!