

Power up for a happier, healthier child

Well-child visits and sports physicals aren't just a yearly checkbox – they're a chance to level up your child's total well-being. Even when your child is healthy, these visits help track growth, catch issues early and build strong habits for the future. From physical checks to mental health support, each visit earns your child real-life rewards.



Helps your child feel their best on and off the field



Included with select health plans



Supports mental, physical, emotional and social well-being



Keeps vaccinations and screenings on track

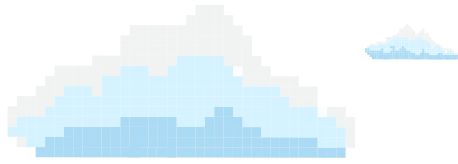


Your child's health grows with every checkup. Go to BCBSND.me or scan the QR code to find care options, tools and support to help your child thrive at every stage.

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The benefits of well-child visits



Prevent illness

Regular checkups help keep your child protected with timely vaccinations. It's also a great time to ask about nutrition, sleep and safety at home or school.



Track growth & development

These visits help monitor your child's physical growth, emotional development and learning milestones – making sure they're on the right path.



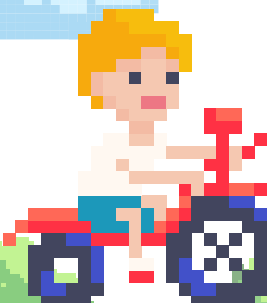
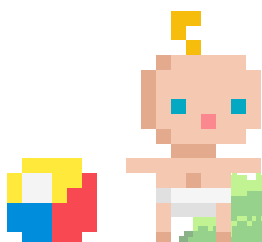
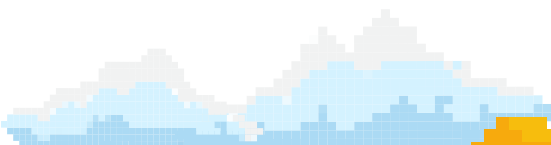
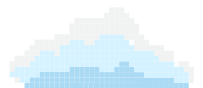
Talk through concerns

Bring a few key questions about your child's behavior, sleep habits, eating or social interactions. It's your chance to get expert guidance on what matters most.



Build a trusted team

Consistent visits help create a strong, supportive relationship between you, your child and their doctor – working together to support your child's health and well-being.



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