### **Health Checkpoint Ahead: Is Your Child Ready?**

Well-child visits and sports physicals are more than just a seasonal task – they’re a smart habit that helps your child stay on track and ready to level up for the school year ahead.

These visits are like health checkpoints. Each one unlocks support that helps your child grow stronger, stay focused and build healthy habits for the long run, just like advancing to the next level in a game.

Even when your child seems healthy, a well visit can help catch small issues before they become bigger setbacks. These appointments also give your care team a chance to track key milestones and check in on your child’s mental and emotional health.

### Here’s what well-child visits unlock:

* Health power-ups, such as on-time vaccines and screenings
* School and sports clearance for PE, activities and athletics
* Milestone tracking for growth, development and learning
* Well-being support for physical, emotional and mental health
* A trusted care team that grows with your child

And it’s all included with most Blue Cross Blue Shield of North Dakota (BCBSND) health plans.

With the school year just around the corner, now is the perfect time to schedule your child’s health checkpoint. Whether it’s for a required form or peace of mind, a quick visit helps your child feel their best, ready to take on whatever challenges come next.

Go to BCBSND.me to find care options, tools and support to help your child thrive at every stage.