

5 Reasons to Reconnect—and Stay Connected—with Your Pediatrician



Now is the perfect time to check in

The pandemic isn't over yet, but for children and teens, many aspects of life are slowly returning to normal. For most kids, in-person sports, activities, socializing, and school are back on. With so many changes underway, now is the perfect time to check in with your pediatrician—especially if your children's annual checkups were canceled or delayed due to COVID-19. Your pediatrician can help make sure all the bases are covered when it comes to your kids' health and wellness in the months ahead.

1

Get back on track with preventive care

Annual well visits are a crucial part of helping your children and teens stay healthy as they grow. Recommended childhood vaccinations, including shots for mumps, measles, rubella (MMR) and HPV are important, too. If your child

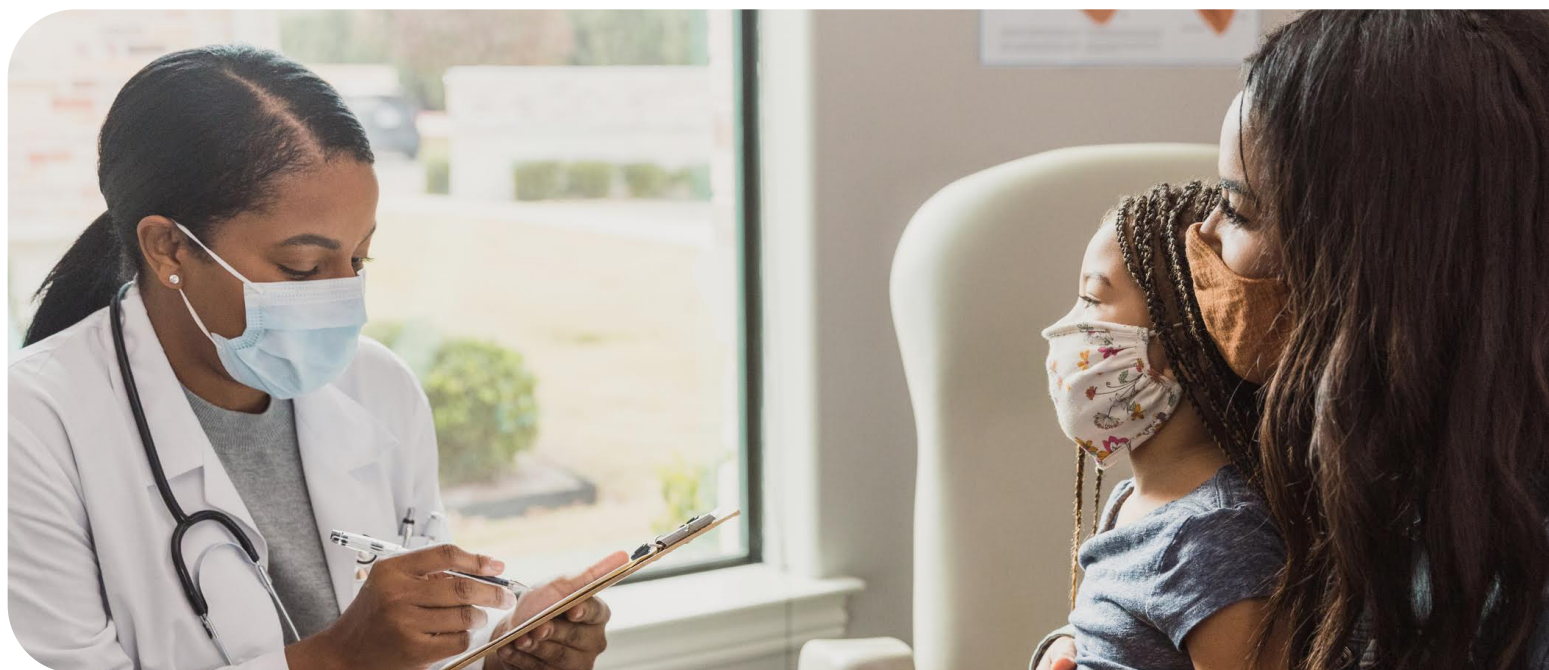
missed one of their periodic checkups or **scheduled vaccinations** during the pandemic, reach out to your pediatrician now to schedule a visit. Annual well child visits are covered with no copay by Tufts Health Plan.

2

Get reliable, up-to-date information about COVID-19

The COVID-19 situation is constantly changing and “information overload” online can make it hard to know which sources to trust. Your pediatrician can be an excellent, trusted resource when it comes to information about COVID-19. They can answer questions about the vaccine (currently available for children age 12 and up) and advise you on what precautions you can take to help keep your children safe.

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3

Make sure you're ready for asthma and allergies

At last, kids can get back to the sports and activities they love—and most students are headed back to school in person, too. If your child or teen has **asthma** that could be triggered by vigorous exercise, or food allergies that may put them at risk in school, be sure to touch base with your pediatrician. They can provide a safety refresher for your child, and make sure they have any prescriptions they need, including an inhaler or Epi-Pen.



4

Find behavioral health help

Children and adolescents have been hit particularly hard by the social isolation and uncertainty of the pandemic. If you feel like your child needs more support than you or their school can provide, ask your pediatrician about **behavioral health resources**. Many therapists and other behavioral health professionals are offering visits via **telehealth**, making therapy more accessible, convenient, and safe.

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5

Learn about healthy habits

At the height of the pandemic, most families were in survival mode, trying to juggle work and homeschooling and childcare. If your family's diet, sleep, and screen time habits took a turn for the worse during the pandemic, you're not alone! Your pediatrician can provide expert advice for getting your family back on a healthier path, from how to get your toddler to eat their vegetables to how to set guidelines for when and where teens can use their devices.

At Tufts Health Plan, we're committed to helping you keep your entire family healthy, no matter what the world brings. Learn more about our [children's health and wellness resources](#).

