



# Your Child, Your Well Visit

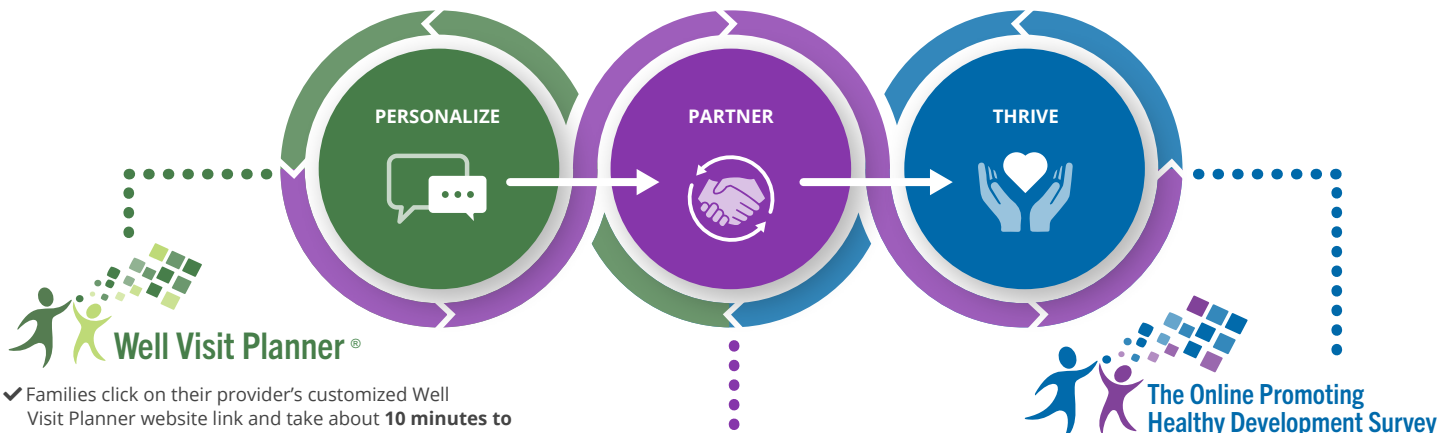
The Well Visit Planner® – helping children and families thrive one well visit at a time!



The Well Visit Planner was created and evaluated in partnership with families and child health care providers. The free, convenient Well Visit Planner covers all 15 well visits recommended to occur between a child's first week to sixth year of life. When families use the Well Visit Planner they will:

- ✓ **Learn about and know what to expect** during well visit check-ups. Topics and assessments are different for each visit as children grow and develop.
- ✓ **Conveniently complete recommended assessments all in one place**, identify priorities and what is going well and learn about important topics, such as how their child is developing.
- ✓ **Get a personalized Well Visit Guide** that summarizes strengths, what may need attention and their priorities for the visit. Families get personalized resources and example questions to ask.
- ✓ **Focus time with child health providers** using the automatically generated Well Visit Guide that summarizes all their information in one, links families to resources and provides tips to get the most from their child's well visit. Providers get a Clinical Summary and the family Well Visit Guide before visits when they sign up for a customized Well Visit Planner website.

**The Well Visit Planner supports personalized, relationship-centered care for every child and family.**  
Covers well visits from the first week to sixth year of a child's life. **In English or Spanish. Mobile optimized.**



- ✓ Families click on their provider's customized Well Visit Planner website link and take about **10 minutes to complete the Well Visit Planner** on their own or with support from any trusted person.
- ✓ Families get a **personalized Well Visit Guide** to save and share.
- ✓ **Families and providers save time filling out forms during health care visits.** Trust is built when families learn about results on screenings and focus visits on their priorities.
- ✓ Families can sign up for a **free and secure family account** to keep track of well visits for all their children, store Well Visit Guides and access personalized resources at any time.

#### During the Well Visit:

- ✓ When families use the Well Visit Planner before each visit, they and their child's providers start visits knowing **what matters most and how the child and family are doing!**
- ✓ Using the Well Visit Planner creates **more time to discuss** family priorities and needs and provide the support, information, and resources families need to **help their children and family thrive.**



- ✓ The optional Online Promoting Healthy Development Survey (PHDS) can be used to invite families to **confidentially share feedback on the quality of care** they received.
- ✓ When families complete the Online PHDS, it reinforces what they should expect and gives each family a **personalized feedback report** on the quality of their child's care and **how to partner to improve services.**
- ✓ The Online PHDS is a **validated method to comprehensively assess quality** of care. **Providers get an aggregate report** on quality to help them improve.

#### Learn More

- **View** a short video.
- **Request** a demo.



#### Try It Out

Try out the public use Well Visit Planner today at [www.wellvisitplanner.org](http://www.wellvisitplanner.org).

Get a report on the quality of well visits at [www.onlinephds.org](http://www.onlinephds.org).

#### [Get instructions to customize the Well Visit Planner](#)

- The Well Visit Planner was designed to be customized and used in partnership between families and their child's health care providers or other family support professionals.
- Providers invite families to use the Well Visit Planner by sharing their customized website link or QR code and access family Well Visit Guides and Clinical Summaries in their secure data dashboard.

**"I liked it!** Using the Well Visit Planner was fast, helped me plan my child's visit and identify questions. **During the well visit the providers were prepared to focus on my child and family."**

Please email us at [info@cycleofengagement.org](mailto:info@cycleofengagement.org) for more information or questions. We aim to empower families to learn, partner, and get the best care possible to support their child and family's health, and well-being.

## Why well visit check-ups are important!

Experts and family leaders agree that children and their caregivers should visit their primary care provider regularly for well visit check-ups. **At least 15 well visits are recommended from a child's first week to their sixth year of life** when children are rapidly growing and developing. These early years are the best time to **promote children's well-being, find and address any concerns early, and make sure families are thriving too.** Even if children see other doctors, well child visits are there to **promote the whole health of children and families!**

## How It Works

Families can start using the Well Visit Planner today! One way is for families to click on the customized website link or QR code given to them by their child's health care professional. Families can also use the Well Visit Planner on own and take the lead to introduce this important validated and guideline-based tool with their child's provider(s). Scan the QR codes on page 1 to begin using the Well Visit Planner or Promoting Healthy Development Survey today.



## Your Providers, Your Partners!

### What Families Say?

# 92%

of families using the **Well Visit Planner** report they were **comfortable with the amount of time it took and they would recommend the WVP to other parents.**



“[The Well Visit Planner] asks me if I have any questions that I would like to discuss with the doctor before the physical. So, then it *makes my job easier* when I go in to see the doctor, everything is written down.”

## Our Journey and Commitment

Creating and evaluating the value of the Well Visit Planner has been a labor of love for the CAHMI since 2008. We are driven by our dedication to partner with you to meet the great need and possibilities to promote the early and lifelong health of children, families, and communities. Since 1997 the **Child and Adolescent Health Measurement Initiative (CAHMI)** has partnered with families, providers, and experts at the national, state, health plan, practice, and provider levels to design, develop, and test the Well Visit Planner as part of the CAHMI's broader Cycle of Engagement model and tools. With initial support from the Health Resources and Services Administration, CAHMI has worked in close collaboration with *Family Voices and Leaders of the American Academy of Pediatrics' Bright Futures Guidelines for Health Supervision of Infants, Children and Adolescents* to translate guidelines into family-friendly, actionable tools to customize and improve the quality of well child care services based on family reported assessments and priorities.

## Partner and Support:

CAHMI aims to continue to innovate and partner to help all children thrive! We need your partnership and support. Current funding for the Well Visit Planner comes from grants to the CAHMI and from the Center for the Advancement of Innovative Health Practices. *If you wish to partner or support this work, please contact Christina Bethell, PhD, MBA, MPH at [cbethell@cahmi.org](mailto:cbethell@cahmi.org).*

## Frequently Asked Questions

- 1. Do families have to pay?** No. The Well Visit Planner and the private, secure family account are free to families.
- 2. What topics are addressed in the Well Visit Planner?** The WVP topics vary by a child's age and are carefully aligned with topics recommended in Bright Futures Guidelines. Topics include identifying child and family strengths, goals and priorities to discuss, assessments of child development, family health and social factors that impact well-being. Families can respond to the questions they want and get their own data back in a visit guide. [Learn more.](#)
- 3. What if the child's health care provider does not know about the Well Visit Planner?** Families can use it on their own, share/send their Well Visit Guide to anyone they wish to and encourage their child's provider to customize and use the Well Visit Planner. [Click here to learn more.](#)
- 4. What does the research say?** The Well Visit Planner dramatically improves the quality of care, reduces urgent care and both families and child health care providers like using it!
- 5. Can the WVP and PHDS be used on mobile devices?** Yes. Both tools can be used on a smartphone or similar device.
- 6. What languages are available?** The WVP is currently in English and Spanish.
- 7. Is the data collected secure?** Yes. CAHMI uses the highest data security standards. See the easy to read [Use Agreement & Privacy Notice](#) for more.
- 8. What if a family cannot access the internet?** Families can complete the WVP on mobile devices or use devices belonging to anyone they trust who can help them.
- 9. Can other child-serving professionals use the Well Visit Planner with families?** Yes. Community health workers, early care and education, home visiting, child welfare or other child serving professionals can get a customized Well Visit Planner account, help families use it and discuss findings to support children and families. Aggregate data reports are also available.
- 10. Can the Well Visit Planner (WVP) be used for all children in a family?** Yes. Currently, the Well Visit Planner is available for children up to age six. Expansion to older ages and prenatal care is underway. Families can get a Family Account to keep track of well visits for all their children.
- 11. How does a child's provider get the data and Well Visit Guide?** Child-serving professionals with a COE account will automatically receive the Well Visit Guide in their data dashboard. If families want, they can send their Well Visit Guide to their child's provider using a Patient Portal (like "My Chart") or using other private/secure methods.
- 12. What other benefits do families get by using the Well Visit Planner:**
  - ✓ Families like sharing what is going well and saving time filling out forms during visits.
  - ✓ Families like getting information and resources tailored to their priorities and needs.
  - ✓ Families like keeping Well Visit Guides to track their child's development over time.
  - ✓ Other family members can use the Well Visit Planner and they can compare responses.
  - ✓ Families like making sure they did not miss important screens and received the best care possible.