Help care for your child online at kp.org/wa

If you’re a parent or legal guardian, you can request access to online services for your children if they get care at Kaiser Permanente medical offices.

For all kids through age 17, you can email your child’s health care team and refill prescriptions. You can also see your child’s immunization record (except for the HPV vaccine if your child is 13 or older). If your child is 12 or under, you can also make appointments, check lab and test result, access medical records, and more.

Call Member Services at 1-888-901-4636 for details about parental access.

Additional wellness resources

Consulting Nurse Service
Get quick advice for immediate medical concerns. Registered nurses are available 24/7. They can also direct you to the best location for care if you need to be seen in person. Call 1-800-992-2279. Interpreters are available in any language.

Resource Line
Get free printed information about health topics, help registering for classes, and details about health resources at Kaiser Permanente and in your community. Call 1-800-992-2279 or email kpwa.resource-L@kp.org.

Teen Pregnancy and Parenting Clinic
This program at our Capitol Hill Campus in Seattle provides pregnancy testing, contraception advice, prenatal care, labor and delivery management, and postpartum care for teens. It also provides wellness care for your teen’s child up to age 2. Call 206-326-2656 for more information.
Wellness recommendations for children from birth to 17

The chart to the right shows Kaiser Permanente’s routine care recommendations for most children from birth to 17.

**Coverage for well care**

Most well care recommended here is preventive care that is covered by most health plans. However, coverage may vary with some health plans; check your coverage agreement or call Member Services at 1-888-901-4636.

### Birth
- Newborn blood screen
- Hepatitis B (Hep B)

### Age in days
- **3 to 5 days:** Wellness visit¹
- **7 to 14 days:** Wellness visit¹

### Age in months
- **2 months:** Wellness visit¹
  - DTaP (diphtheria, tetanus, acellular pertussis)
  - Hep B
  - Hib (Haemophilus influenzae type b)
  - PCV (pneumococcal disease)
  - Rotavirus (given by mouth)
  - IPV
- **6 months:** Wellness visit¹
  - DTaP
  - Hep B
  - PCV
  - Hib, if needed
  - Rotavirus (given by mouth)
  - IPV
- **9 months:** Wellness visit¹
- **12 months:** Wellness visit¹

### Age in years
- **2 years:** Wellness visit¹
  - Hep A
- **3 years:** Wellness visit¹
- **4 years:** Wellness visit¹
  - Vision screen
  - Hearing screen
  - DTaP
  - IPV
  - Varicella
  - MMR
- **5 years:** Wellness visit¹
- **6, 8, and 10 years:** Wellness visit¹
- **11 years:** Wellness visit¹
  - Tdap booster (tetanus, diphtheria, pertussis)²
  - MCV (meningococcal disease)
  - HPV (human papillomavirus)
- **12 years:** Wellness visit¹
- **13 years:** Wellness visit¹
  - Varicella blood test, if vaccine not given and no history of chickenpox
- **14 and 15 years:** Wellness visit¹
- **16 years:** Wellness visit¹
  - MCV booster
- **17 years:** Wellness visit¹

¹ A wellness visit is also referred to as a checkup, physical, or routine exam.

² Once in a lifetime, everyone 11 years of age and older should get a tetanus-diphtheria (Td) booster that contains pertussis (Tdap).