



Newborn Checklist

☐	Before you go to the hospital: • Have name options for your baby (first and last name). • Take your State of California Benefits Identification Card (BIC) card to the hospital. • Choose a doctor or clinic for your baby.									
☐	Before you leave the hospital: • Ask the care team to help enroll your baby into Medi-Cal. • Ask for your baby's Medi-Cal ID number (also called a CIN). • Schedule your baby's first well-baby check-up appointment with doctor.									
☐	After you leave the hospital: • Take your newborn to their well-baby check-up appointment. • Talk to your baby's doctor or care team to confirm that your baby is enrolled in Medi-Cal.									
☐	Your newborn should have a well-baby check-up appointment when the baby is 3-5 days old. • Your baby will grow quickly in the first year of life! • It is important that you take your baby for a well-baby check-up with a doctor at these ages: <table border="1" data-bbox="267 1056 1360 1129"> <tr> <td>3-5 days</td><td>1 month</td><td>2 months</td><td>4 months</td><td>6 months</td><td>9 months</td><td>12 months</td><td>15 months</td><td>18 months</td></tr> </table> • Your baby's doctor may want to see your baby at 2 weeks for a well-baby check-up also. • Take your baby to their dental visit every six months starting at 12 months. • Your baby's doctor will test your baby's blood for lead at the well-care visits at 9-12 months.	3-5 days	1 month	2 months	4 months	6 months	9 months	12 months	15 months	18 months
3-5 days	1 month	2 months	4 months	6 months	9 months	12 months	15 months	18 months		
☐	What to expect during well-baby check-ups: • A physical exam of your baby • A check of your baby's development and growth • Immunizations • Questions about your baby's feeding, sleeping, and development. • Time to ask questions (Write down your questions and bring them to the clinic!)									
☐	If your baby is not enrolled in Medi-Cal at the hospital or by the doctor's office at the first visit, call your worker at your local Medi-Cal office.									
☐	Before each well-baby appointment: • Call to arrange transportation as soon as an appointment is made and interpreter services as needed. • Call the number on the back of your CalViva Health Medi-Cal ID card for transportation assistance and interpreter services. The CalViva Health Member Services toll-free phone number is 1-888-893-1569 (TTY/TTD: 711), available 24 hours a day, 7 days a week. • Remember to bring your own car seat while using transportation services.									

(continued)



To Do List

My top baby names are:

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My baby's doctor/clinic is:

My baby's first infant well-child visit is on (date and time):

My baby's Medi-Cal CIN ID number is:

My postpartum visit is on (date and time):

Download the free CDC Milestone Tracker App to help monitor your baby's progress:

Scan the QR code:



Or visit the website at <https://www.cdc.gov/act-early/milestones-app/>

Notes: