



## Fast Facts for Parents and Families

Well-Visit Planner website URL: [www.WellVisitPlanner.org](http://www.WellVisitPlanner.org)

Education website URL: [www.WellVisitPlanner.org/Education](http://www.WellVisitPlanner.org/Education)

For Technical Assistance with the WVP, please contact: [info@cahmi.org](mailto:info@cahmi.org)

### I. About the Well-Visit Planner (WVP)

#### What is the WVP?

The Well-Visit Planner was developed to improve well-child care for children under 6 years old. The information in this tool is based on national recommendations about well-child care established by the American Academy of Pediatrics' [Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 3rd Edition](#).

The WVP helps you customize the well-child visit to your family's needs by helping you identify and prioritize health risks and concerns before your well-child appointment. This means that you and your provider are better able to communicate and address your family's needs during the well-child visit.

#### Who can use the WVP?

The Well-Visit Planner is designed for **parents and families of children 4 months to 6 years old** who are attending a well-child visit. The tool can be used in partnership with your health care provider.

#### What kinds of questions are asked in the WVP?

The form asks about questions or concerns you want addressed at the visit and general child and family health issues. Your health care provider will use your responses to focus the visit on your child and the information you would like to receive. An example question is "Has your child ever had a bad reaction to a vaccine?"

#### Will my health care provider know about the WVP?

Providers around the country are asking their families to use the Well-Visit Planner to help them improve the quality of well-child care. Your health care provider may email or call you before your child's visit to remind you to complete the tool. If your health care provider is not familiar with the WVP, there is information at the bottom of the Visit Guide about the [American Academy of Pediatrics Bright Futures](#) recommendations that the WVP tool is based on.

## II. Why Use the Well-Visit Planner (WVP)

### Why should I to fill out a pre-visit online tool?

Your child's health care practitioner understands how valuable your input and partnership are to your child's health. They want to make sure they focus the discussion during your child's well visit on the issues and concerns you think are most important. This online tool will help focus on topics important to you so your child can receive the best care possible. In addition, the Well-Visit Planner tool gives you access to important information about many topics in child health. Your health care provider believes that this will improve the well-child care your child receives.

- **Prepare** for your child's well-care visits (check-ups)
- **Explore** key issues and needs important to the health of your child and family, including information about your child's growth, development, and language skills and tips for promoting age-appropriate care and safety for your child. View education materials on the WVP website at [www.WellVisitPlanner.org/Education](http://www.WellVisitPlanner.org/Education).
- **Learn** about important topics to discuss with your health care provider
- **Pick** your top priorities that are important to you for discussion with your child's health care provider
- **Ask key questions** to your health care provider using the Well-Visit Planner generated Visit Guide which includes questions customized to your child and family needs
- **Partner** with your child's provider by sharing your personalized Visit Guide (a document generated by this tool), designed to enhance the quality of your care

### I like to talk to my child's doctor directly. Why should I use the Well-Visit Planner?

The WVP makes it easier to talk with your child's doctor by helping you to identify your questions and giving you information related to your questions.

### How does the WVP help me as a parent or caregiver?

The WVP creates an easy-to-reference Visit Guide tailored to your specific health priorities. You can use the Visit Guide to help you identify questions to ask your child's doctor. This will help you become a partner in your child's health care. Since you know your child best, the nurses and doctors want to know what thoughts and questions you have.

### **III. Filling out the Well-Visit Planner (WVP) Tool**

#### **What will I be asked to do?**

- Provide basic information about your child attending a well-child visit.
- Answer a series of questions about your child and family that will help your child's health care provider know what they may need to focus on in the visit.
- Pick the topics that you want your child's doctor to talk about regarding your child.
- Receive a Visit Guide that you can use at your child's well-visit. This guide highlights the topics you wanted to discuss and should be brought to the visit.

#### **How long will the online tool take to complete?**

The website typically takes 10-15 minutes to complete. But you can take as long as you'd like!

#### **What do I do after completing the WVP?**

The Well-Visit Planner generates a customized Visit Guide as a PDF document. Print and save the Visit Guide and bring it to your child's well-visit. Use the Visit Guide with your health care provider to ask questions related to your needs and prioritize your visit time.

#### **Do I need to complete this tool again? I did it before my child's last well-visit.**

If you have a child between the ages of 3 months and 6 years you will be asked to complete this online tool prior to each well-visit. The information asked in this tool is specific to each well-child visit.

#### **What if I have two kids that come in for a well-child visit at the same time?**

The form is for well-visits for children six years old or younger. If you have two children who have a well-child visit at the same time and they are both six years or younger, then complete the online tool twice, once for each child.

#### **When should I fill out this tool?**

The content of the WVP is different based on the age of your child (4 months to 6 years), so complete the tool before each of your child's well-visits. You can complete the tool any time before your child's well visit, although you may not want to complete it more than 2 weeks in advance to ensure your concerns and priorities do not change before your visit. Because the questions in the tool are age-specific, you can complete it before each of your child's well-visits until his or her 6-year visit. If you have two or more children who share the well-visit, complete the tool once for each child.

#### **Can I use the site with a mobile device?**

Currently there is no mobile version of the WVP. However, you can complete the WVP from a mobile device using the full website in your web browser.

## **IV. Information Security and Confidentiality**

### **Is the information I enter secure?**

Yes! This online tool has gone through testing and a rigorous application process with an oversight council to ensure that information collected and stored is 100% secure and safe. Besides—we don't store any personal information about your child! To learn more about how we keep your information safe and private, read the *About this Website* and *Terms & Conditions* pages on the site.

### **How will the information collected be used?**

The WVP is designed to help you plan for your visit. After you complete the tool, any information that you choose to provide that could be used to identify you or your child will not be stored. It will not be possible to link this information to you or your child. The CAHMI team will use this anonymous information to understand parents' concerns and priorities for their well-child visits. This information will help pediatric providers improve well-child care for children and their families.

## **V. How the Well-Visit Planner (WVP) Was Developed**

### **How were the questions asked in the WVP developed?**

The questions in the WVP have been developed to follow the American Academy of Pediatrics Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents. They have been approved by an advisory committee of experts in the field of child health research and pediatric care.

### **How can I give feedback to the people who developed this tool?**

The developers would love to hear and learn from parents. You can give feedback directly to the researchers at the Child and Adolescent Health Measurement Initiative who developed this tool. You can contact them by sending an email to [info@cahmi.org](mailto:info@cahmi.org).

### **How well known is the WVP?**

The WVP was recognized in the Health 2.0/Academy Health 2012 Relevant Evidence to Advance Care and Health (REACH) competition and has relevance for meeting Meaningful Use and Maintenance of Certification requirements.

## **VI. Assistance with the Well Visit Planner (WVP)**

### **Who do I contact if I need technical assistance?**

If you need help completing the Well-Visit Planner or experience any technical problems, you can contact the development team at the Child and Adolescent Health Measurement Initiative at [info@cahmi.org](mailto:info@cahmi.org).

### **I lost my Visit Guide. How do I get it back?**

Unfortunately you cannot retrieve the Visit Guide if you didn't save the PDF to your computer. You will need to complete the tool again.