



'For the health of your children – our screening scheme.'

Jessica Hanke, personal SBK consultant

We are on your side.



Health checks for children

An overview by Jessica Hanke, personal SBK consultant

Screening is particularly important for ensuring the healthy development of your child. For if detected early, many diseases or developmental disorders can be well treated in childhood or adolescence. So-called U-Check-ups and J-Check-ups (health screening for children and adolescents) are therefore available, which, together with the necessary vaccinations and dental check-ups, are key to a healthier life.

Which health checks are recommended?

Various check-ups are recommended depending on the age of your child. An overview can be found in the table on pages 2 and 3. We also offer further screening options for your child in addition to the statutory options available: U10-, U11- and J2-Check-ups are available from participating paediatricians. To find out which paediatricians offer these services, contact your personal consultant.

More details can be found in the specific information relating to health checks for children at sbk.org/health-checks-children.

What about dental screening?

It is also important to set a good foundation for your child's dental health. We therefore recommend six dental screenings between the ages of 6 and 72 months. During both examinations, the dental practitioner will check your child's teeth and give you valuable tips on dental care – allowing you to keep an eye on the health of your child's teeth and react in good time. From the age of six, your child will receive two dental check-ups per year. The benefit is not just healthier teeth, but regular dental check-ups are rewarded with increased allowances for dental prostheses.

What do I do if I have missed an appointment?

It is important to attend all screening appointments for children. Various check-ups are designed to suit various ages and are thus only possible within the specified age limits and time intervals. Therefore, please talk to your practitioner in good time. You can also use the **SBK Appointments Service**: simply enter the information online at sbk.org/appointments-service and you will receive suitable appointment proposals within three working days.

What benefits does the SBK provide?

We provide you and your children with a number of services in addition to statutory care: for instance, you benefit including from three additional checks-ups for children and adolescents (U10, U11 and J2) or from outpatient medical care for chronically sick infants.

Other additional services, such as eye exams and speech assessments for young children or media addiction screening for teenagers, which we offer your child as part of the 'Starke Kids' health programme, can be found at sbk.org/starke-kids (in German only).

My tips for you:

- Use the personal screening advisory service should you have any questions regarding your child's development: the **SBK Health Telephone for Expectant Mothers and Children** is available 24/7 on **0800 072 572 570 01** (free of charge*).
- The **SBK Appointments Service** will quickly and easily set up an appointment according to your requirements – for example, with a medical specialist, GP or physiotherapist. More information at sbk.org/appointments-service.

* Within Germany; from abroad, you can call our SBK Customer Hotline on +49 (0)89 444 570 90 at the rates that apply there.

The SBK screening scheme for children

U-Check-ups and J-Check-ups at a glance

Examination	Age of child	Scope of examination
U1	After birth	Skin colour, breathing, muscle tone, reflexes, heartbeat
Advanced newborn screening	1–3 days old	Blood test to check for congenital metabolic defects, endocrine disorders and immunodeficiencies
Cystic fibrosis screening	1–3 days old	Generally a blood sample taken during advanced newborn screening
Newborn hearing screening	1–3 days old	Exclusion of hearing impairments from a hearing loss of 35 dB
Pulse oximetry screening	2 days old, by U2 at the latest	Measurement of the blood oxygen levels using a light sensor on the baby's foot: low oxygen levels can be a sign of congenital heart defects
U2	3–10 days old	Body measurements, abnormalities in the skin, chest, stomach and genitals, skeleton, sensory organs, motor skills, reflexes, formation of the hip joint, check for metabolic or hormonal imbalances
U3	4–5 weeks old	Physical examination similar to U2, age-appropriate development, nutritional state, weight, ocular response, hearing, reflexes, motor skills development, vaccination consultation

Examination	Age of child	Scope of examination
U4	3–4 months old	Motion, coordination, response to visual and acoustic stimuli, vaccination consultation
U5	6–7 months old	Head posture, motor skills and coordination (gripping ability), hearing and eyesight, interest in surroundings, vaccination consultation
U6	10–12 months old	Motor skills and coordination, hearing and eyesight, response to strangers, vaccination consultation
U7	21–24 months old	Motion, language development, comprehension, vaccination consultation
U7a	34–36 months old (shortly before third birthday)	Detection of allergies, socialisation problems, behavioural disorders, overweight, language development, dental, oral and maxillofacial anomalies, vaccination consultation
U8	46–48 months old (shortly before fourth birthday)	Organ check, thorough eye examination and hearing test, dexterity test, language development, independence and interpersonal skills, vaccination consultation
U9	60–64 months old (after fifth birthday)	Ability to hear, see and speak, comprehension, behaviour, motor skills, coordination, vaccination consultation
U10**	7–8 years old	Detection of dyslexia, motor skills developmental disorders, behavioural disorders
U11**	9–10 years old	Detection of problems with academic achievement, socialisation and behavioural problems, dental, oral and maxillofacial anomalies, consultation regarding nutrition, exercise, stress, addiction and media
J1	13 years old	Detection of physical and mental developmental disorders, advanced or delayed onset of puberty, early detection of physical and psychosocial risk factors, behaviour hazardous to health
J2**	16–17 years old	Detection of disorders in puberty, sexual disorders, postural disorders, goitre, risk of diabetes, socialisation and behavioural disorders

** **Additional SBK services:** these examinations are not part of the services legally prescribed by health insurers. We cover the cost of check-ups at participating practitioners. Your personal consultant will be happy to assist you in finding a corresponding paediatrician's practice.

Do you know about our SBK Bonus Scheme?

The **SBK Bonus Scheme** rewards you and your child for your health-conscious choices. Your child receives a bonus for taking part in statutory preventative check-ups, vaccinations and taking up membership at a sports club, for example. You can choose the activities that best suit your child. Children and adolescents up to 17 years old can thus accumulate an attractive bonus of up to €245. You can find a summary of all the important information about this scheme at sbk.org/bonus-scheme. Or register immediately for the SBK Bonus Scheme via the **Meine SBK app**.

Any further questions?

You can find further information at sbk.org/health-checks-children.

Your personal consultant will be happy to offer you advice and assistance – you can find the contact details at your online self-service branch **Meine SBK** on the app or by visiting sbk.org/meine-sbk/en. Alternatively, you can find the details at **sbk.org/consultant** or call our SBK Customer Hotline on **0800 072 572 572 50** (free of charge***).

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Your online self-service branch **Meine SBK**

You can manage your affairs online and even receive your SBK post digitally if you wish, whenever and wherever you like. Very easily via your online self-service branch **Meine SBK** – as a convenient app for your smartphone or on your computer at meine.sbk.org/en. Download the **Meine SBK app** now free of charge and register.



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