



EmblemHealth®

A close-up photograph of a female doctor in a white coat and stethoscope around her neck, holding a baby. The baby is looking towards the camera with an open mouth. The doctor's hands are visible, one holding the baby and the other adjusting the stethoscope.

Your Child's First 1,000 Days — Track Them!

A Guide to Important Tests and Screenings
Your Child Needs Before Age 3



Why this guide is important

During the first 1,000 days of your child's life—that is their first three years—there are three important screenings (tests that doctors use to check for health conditions) that your child needs to make sure they are growing and developing well. They are:

1. **Lead exposure** (poisoning)
2. **Newborn hearing loss**
3. **Developmental screening** (meeting milestones or showing signs of healthy growth)

Getting these screenings for your child at the right time will put them on the path to good health and development. If a problem is found, your doctor will treat your child, send them to a specialist, or help you get the services and support they need. This will give them a foundation for a healthy life as they start school and get older.

This guide will help you understand the problems that can develop from lead poisoning, newborn hearing loss, and developmental issues. You will also learn when your child should be tested, what tests will be done, and what to do if your child is at risk for any of these problems. It also gives you an area to track dates, and results of these tests for easy reference.

Talk to your child's primary care doctor about the information in this booklet and make sure these tests are done on time. You will be doing your part to keep your child's growth and development on track!



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Lead and Your Child's Health

Do you know that lead can affect your child's health?

Lead is a metal found in the earth. It is poisonous to your child. If your child is exposed to lead, it can cause learning, hearing, and growth and development problems. It can also affect their behavior and ability to pay attention. It can even harm your child's brain, their nervous system (which carries information to the brain), and other organs like their liver and kidneys.

There is no cure for health problems caused by lead exposure. It is important to find out if your child has been exposed to lead so you can take steps to remove it before it affects your child's health.

How can your child be exposed to lead?

Some of the more common sources of lead are:

- **Lead-based paint.** This can be harmful if it is peeling, cracking, or chipping.
- **Dust.** This may be harmful to small children if they are playing on surfaces where dust from scraped or sanded lead-based paint has settled.
- **Soil.** This may have lead in it. Your child can be exposed if playing with dirt.
- **Water.** Lead can be found in water flowing through lead pipes. This water is harmful if your child drinks it.

How can you protect your child from lead poisoning?

There are things you can do to help prevent lead poisoning:

- **Healthy diet.** Give your child healthy foods that are rich in iron and calcium. Without these minerals, lead can get into their bodies quicker. Some good sources are spinach, broccoli, dried fruits, beans, chicken, and lean red meat.
- **Clean at home.** Wash your child's hands and toys often, mop floors frequently with warm, soapy water, and use a damp cloth to wipe surfaces such as window sills and doors.
- **Be careful.** Make sure your child does not eat or play with dirt, paint chips, or dust. They should also stay away from homes and buildings under renovation.
- **Work.** You should wash work clothes separately from your child's clothes, especially if you may have been in contact with dust or paint. Also, people who work in construction, plumbing, and auto repair should shower and change into fresh clothes before entering your home or interacting with your child.



When and why should your child be tested for lead poisoning?

Lead testing is key to preventing the effects of lead poisoning:

- The New York State Department of Health (NYSDOH) recommends that children get tested twice before they turn 3 years old, when they are most at risk.
- Your child will not act or look sick if they have lead poisoning.
- The only way to know if your child has lead poisoning is to get them tested.

Lead testing - Track it!

- Use this tracker to record your child's lead testing results in one spot.
- Also use this tracker to write down the date of your child's next checkup, where lead testing will be done.

Lead screening (test)	When	How
1-year-old Lead test Date: _____	When your child is between 9 and 18 months old. and Before your child turns 2 years old. Note: This lead test should be done at one of your child's scheduled checkups, between 9 and 18 months old.	A simple blood test is used to test for lead: <ul style="list-style-type: none">• A "fingerstick"—The doctor will clean your child's finger and prick the tip of it with a lancet (tiny needle) to collect the blood.• For babies, blood may be taken from a "heel stick" in the foot.
2-year-old Lead test Date: _____	When your child is between 18 and 36 months old. and Before your child turns 3 years old. Note: This lead test should be done at one of your child's scheduled checkups, between 18 and 36 months old.	A blood test done during a checkup visit. <ul style="list-style-type: none">• A "fingerstick"—The doctor will clean your child's finger and prick the tip of it with a lancet (tiny needle) to collect the blood.



Lead test results and what they mean.

Test results Measured in micrograms per deciliter (Mcg/dL)	What it means	What should you know or do?
0 – 4 mcg/dL	<ul style="list-style-type: none"> There is very little lead in your child's blood. 	Take steps to protect your child from lead poisoning.
5 – 9 mcg/dL	<ul style="list-style-type: none"> Your child has a bit more lead than most children. 	<p>Take steps to reduce your child's risk of lead poisoning:</p> <ul style="list-style-type: none"> Feed them a balanced diet, high in calcium and iron. Clean your child's toys and play areas. Talk to your doctor about other ways to protect your child from lead poisoning.
10 – 19 mcg/dL	<ul style="list-style-type: none"> Your child's lead level is HIGH. 	<p>You must take action.</p> <ul style="list-style-type: none"> Your child should be tested again in 1 to 3 months. Talk to your child's doctor about lead poisoning, and how you can protect your child. You can also visit cdc.gov/nceh/lead/default.htm for more information.
20 – 44 mcg/dL	<ul style="list-style-type: none"> Your child's lead level is VERY HIGH. You and your doctor should act quickly. 	<p>The New York State Department of Health and Mental Hygiene may visit your home to help you find sources of lead.</p> <ul style="list-style-type: none"> Your child should be tested again in 2 weeks to 1 month. Talk to your doctor about the effects of lead poisoning, and if your child needs any additional tests.
45 – 69 mcg/dL	<ul style="list-style-type: none"> YOUR CHILD NEEDS MEDICAL TREATMENT RIGHT AWAY. 	<p>The New York State Department of Health and Mental Hygiene will call you as soon as they get your child's results.</p> <ul style="list-style-type: none"> Your child may need to stay in the hospital and be treated before going home. Your child should not return home until all sources of lead have been removed from your home. After treatment, your child needs to be tested again.



Newborn Hearing Loss: The Importance of Checking Your Baby's Hearing

Why is it important to know that your baby is hearing well?

You are your baby's first teacher. One of the ways they learn is by hearing you talk. Your voice and other sounds will help your child learn to speak and about the world around them. Good hearing can also prevent speech and learning problems as they grow.

What can cause your baby to have hearing loss?

Some of the most common reasons for newborn hearing loss are:

- **Ear infections.**
- **Meningitis** (an infection that causes swelling in the brain and spinal cord).
- **Hereditary** (runs in the family).

When should your child be tested for hearing loss?

- Your baby's hearing should be checked as soon as possible after they are born.
- If your baby was born in a New York State hospital, their hearing will be checked at the hospital.

A checklist for good hearing!

Want to know if your child has good hearing? This list may help guide you.

Age	Your Baby...
0 – 3 months	<ul style="list-style-type: none">• Becomes quiet around voices and sounds they hear daily.• Blinks, stops sucking, cries, or wakes up when there's a loud noise.
3 – 6 months	<ul style="list-style-type: none">• Reacts when there is a change in your voice or tone.• Turns their eyes or head toward sounds.• Starts to make speech-like sounds.
6 – 9 months	<ul style="list-style-type: none">• Responds to their name by looking at you when you call them.• Babbles! Saying "ma ma ma" or "da da da".• Understands simple words like "no" and "bye bye".

Hearing testing - Track it!

- Use this tracker to record your child's hearing tests in one spot.
- Also use this tracker to write down the date of your child's next hearing test.

Hearing screening (test)	When	How
Newborn Date: _____ Hearing test results? <input type="checkbox"/> Pass <input type="checkbox"/> Fail	Within 24 hours after your baby is born, and at the hospital. Note: If your baby was not born in a hospital, you should ask your doctor how you can get your baby's hearing checked before they turn 1 month old. <ul style="list-style-type: none"> • If your baby did not pass his or her newborn hearing test, your baby may get tested again before you leave the hospital. • If your baby is not retested at the hospital, make sure you get a referral (permission from your baby's primary care doctor to see a specialist) to retest your baby's hearing after you leave the hospital. 	Auditory Brainstem Response (ABR) Your baby may have tiny pads placed on their head and wear a special earphone. or Otoacoustic Emissions (OAE) A tiny microphone may be placed in your baby's ear. then Soft sounds will be played, and your baby's hearing will be checked. Sometimes, noise in the room, fluid in your baby's ear, or their own movements may lead to false results.
1 month Date: _____ What are the results? <input type="checkbox"/> Pass <input type="checkbox"/> Fail	Before your baby turns 1 month old and After you leave the hospital. Note: This 1-month test is required, whether your baby passes or fails their newborn hearing test.	Auditory Brainstem Response (ABR) Your baby may have tiny pads placed on their head and wear a special earphone. or Otoacoustic Emissions (OAE) A tiny microphone may be placed in your baby's ear. then Soft sounds will be played, and your baby's hearing will be checked.

Hearing screening (test)	When	How
<p>3 months</p> <p>Does your baby have hearing problems?</p> <p>Date: _____</p> <p>What are the results?</p> <p><input type="checkbox"/> Pass <input type="checkbox"/> Fail</p>	<p>If your baby did not pass his or her 1-month hearing test.</p> <p>Test again</p> <p>Before your baby turns 3 months old.</p>	<p>An audiology (hearing) evaluation</p> <p>A full hearing test done by an audiologist (hearing specialist) by</p> <p>Auditory Brainstem Response (ABR), Otoacoustic Emissions (OAE),</p> <p>or</p> <p>Behavioral Audiometry Evaluation</p> <p>This will test your baby's overall response to sound. It will also test all parts of the ear and how they work.</p>
<p>6 months</p> <p>Was your baby diagnosed with hearing loss by the doctor?</p> <p>Date: _____</p> <p>What are the results?</p> <p><input type="checkbox"/> Loss of hearing <input type="checkbox"/> No loss of hearing</p>	<p>If your baby did not pass their 3-month hearing test and</p> <p>Is diagnosed with hearing loss by the doctor, they need treatment and extra help with certain skills as soon as possible, before they turn 6 months old.</p>	<p>An Early Intervention Program (EIP)</p> <p>provides services that will help your child learn language and other skills, if they have hearing loss or are hard of hearing for any other reason.</p> <p>Talk to your child's primary care doctor about EIP services and ask for a referral for these services.</p> <p>or</p> <p>Call "Growing Up Healthy," your local EIP, at 800-522-5006, TTY: 800-655-1789.</p> <p>In New York City, call 311.</p> <p>Note: Your child can benefit from treatment and interventions even if they do not have hearing loss.</p>

What should I do if my child has been diagnosed with hearing loss?

If your child has hearing loss, it is important for them to receive intervention services and treatment starting **between 3 and 6 months old**. Getting your baby into an Early Intervention Program (EIP) is the best thing you can do to help your child gain better language and other skills needed for their growth and development.



Developmental Screening: Your Child's Healthy Growth and Development

Why is it important to track your child's development?

Your baby will grow and develop in wonderful ways from the day they are born. It's important to monitor your child's development by looking at how your child plays, speaks, learns, and moves each day. This way, you can accurately respond to a developmental screening, a specific set of questions about your child's day-to-day activities.

A developmental screening should be conducted for your child by their primary care doctor or another health care professional at least three times before they reach 30 months old. This will show if your child is on track for meeting **developmental milestones** (see below) or if they may need extra help.

What are developmental milestones?

Developmental milestones are skills and tasks that a child does as they get older. They give you a general idea of when to expect these activities to take place. Examples include smiling for the first time, taking their first step, and waving goodbye. Signs of healthy growth can be found in the way your child plays, learns, speaks, and crawls or walks.

When should your child have a developmental screening?

- Developmental screenings should be done for all children during regular checkups at 9, 18, and 24 to 30 months old.
- The doctor may discuss other tests with you if your child is at risk for not meeting development milestones due to preterm birth (being born before 37 weeks of pregnancy), low birthweight, or having lead poisoning.

Your child's development - Track it!

- Use this tracker to record your child's developmental screenings in one spot.
- Also use this tracker to write down the date of your child's next checkup, which is when your child's developmental screenings will be done.

Developmental screening (test)	When	How
9 months What are the results? <input type="checkbox"/> No Risk/Low Risk <input type="checkbox"/> At Risk	At your child's 9-month checkup. Date: ____ / ____ / ____ Time: _____ a.m./p.m. Make sure to also note the date and time of this appointment in the section of this booklet called Pediatric Checkup Schedule with Screening and Vaccine Reminders .	Ages & Stages Questionnaires (ASQ-3) A set of questions used by your child's doctor to find out how they play, learn, speak, act, and move. Questions: <ul style="list-style-type: none">• You can read and answer these questions before you go to the doctor's office by visiting easterseals.com/mtfcc/ and clicking on the "Take the Screening" tab.• Discuss your answers with the doctor at your child's 9-month checkup.
18 months What are the results? <input type="checkbox"/> No Risk/Low Risk <input type="checkbox"/> At Risk	At your child's 18-month checkup. Date: ____ / ____ / ____ Time: _____ a.m./p.m. Make sure to also note the date and time of this appointment in the section of this booklet called Pediatric Checkup Schedule with Screening and Vaccine Reminders .	Talk about your answers to your child's 18-month Ages & Stages Questionnaires (ASQ-3) with the doctor at your child's 18-month checkup. Questions: <ul style="list-style-type: none">• You can read and answer these questions before you go to the doctor's office by visiting easterseals.com/mtfcc/ and clicking on the "Take the Screening" tab.
24 or 30 months What are the results? <input type="checkbox"/> No Risk/Low Risk <input type="checkbox"/> At Risk	At your child's 24- or 30-month checkup. Date: ____ / ____ / ____ Time: _____ a.m./p.m. Make sure to also note the date and time of this appointment in the section of this booklet called Pediatric Checkup Schedule with Screening and Vaccine Reminders .	Talk about your answers to your child's 24- or 30-month Ages & Stages Questionnaires (ASQ-3) with the doctor at your child's 24- or 30-month checkup. Questions: <ul style="list-style-type: none">• You can read and answer these questions before you go to the doctor's office by visiting easterseals.com/mtfcc/ and clicking on the "Take the Screening" tab.

What are the “average” developmental milestones?

While typical developmental milestones are listed below, some children learn, develop, and may meet milestones earlier or later than others. **Every child is different.** Talk to your child’s doctor if you have concerns about their development.

Age	Social / Emotional (relationships)	Language (communication)	Cognitive (learning, thinking)	Physical (movement)
2 months	Starts to smile at and tries to look at you.	Makes gurgling sounds.	Starts to follow things with their eyes.	Holds head up and starts to push up while lying on tummy.
4 months	Likes playing with you and may cry when playing stops.	Cries in different ways to show pain, hunger, tiredness.	May see a toy and reach for it with one hand.	Holds head steady without support.
6 months	Likes to look at self in mirror.	Responds to sounds by making their own.	Brings things to their mouth.	Rolls over in both directions (front to back and back to front).
9 months	Has favorite toys.	Understands “no”.	Plays peek-a-boo.	Crawls.
1 year old	Cries when mom or dad leaves.	Says “mama” and “dada”.	Bangs two things together.	Sitting position without help.
18 months	Hands things to others to play.	Says and shakes head “no”.	Points to get the attention of others.	Drinks from a cup and eats with a spoon.
2 years old	Gets excited when with other children.	Follows simple instructions.	Begins to sort shapes and colors.	Begins to run.
3 years old	Shows a wide range of emotions.	Follows instructions with 2 or 3 steps.	Can work toys with buttons, levers, and moving parts.	Runs easily.

Visit the Centers for Disease Control and Prevention (CDC) at [cdc.gov/ActEarly](https://www.cdc.gov/ActEarly) or download the CDC’s *Milestone Tracker* app for more information.

What should you do if you are concerned about your child's development or screening results?

If your child shows signs of developmental problems or their screening shows they are “at risk” for them, ask your child’s primary care doctor for a referral to see a specialist who can take a closer look into your areas of concern. For example, your doctor may recommend that your child sees a neurologist (a doctor who specializes in diseases of the nervous system, which carries information to the brain), psychologist (someone with advanced training who focuses on the mind and emotions), or psychiatrist (a medical doctor who can assess and treat mental health disorders).

Your child may also benefit from an Early Intervention Program (EIP), which provides extra help such as speech and physical therapy. Call **Growing Up Healthy**, your local EIP, at **800-522-5006 (TTY: 800-655-1789)**. In New York City, call **311**.



Pediatric Checkup Schedule With Screening And Vaccine Reminders

The schedule below lists the preventive health care visits, screenings, and vaccines (shots) recommended by the American Academy of Pediatrics for children ages 0 to 6 years old. Of course, each child is different, and your child's scheduled checkups with their primary care doctor may vary.

You can also use this schedule to keep track of your child's health care appointments and when their lead, hearing, developmental screenings, and vaccines should occur.

PEDIATRIC CHECKUP SCHEDULE		
Age	When	Important reminders or notes
Birth	Date: ____ / ____ / ____ Time: _____ a.m./p.m.	Vaccine: <input type="checkbox"/> Hepatitis B (HepB)
3 to 5 days old	Date: ____ / ____ / ____ Time: _____ a.m./p.m.	
1 month	Date: ____ / ____ / ____ Time: _____ a.m./p.m.	Baby needs a hearing test. Vaccine: <input type="checkbox"/> Hepatitis B (HepB)
2 months	Date: ____ / ____ / ____ Time: _____ a.m./p.m.	Baby's hearing should be tested again if they failed the 1-month hearing test. Talk to your child's doctor about a referral to see a hearing specialist. Vaccines: <input type="checkbox"/> Rotavirus (RV) <input type="checkbox"/> Diphtheria, Tetanus, Pertussis (DTaP) <input type="checkbox"/> Haemophilus influenzae type b (Hib) <input type="checkbox"/> Pneumococcal (PCV) <input type="checkbox"/> Inactivated Poliovirus (IPV)
4 months	Date: ____ / ____ / ____ Time: _____ a.m./p.m.	Vaccines: <input type="checkbox"/> Rotavirus (RV) <input type="checkbox"/> Diphtheria, Tetanus, Pertussis (DTaP) <input type="checkbox"/> Haemophilus influenzae type b (Hib) <input type="checkbox"/> Pneumococcal (PCV) <input type="checkbox"/> Inactivated Poliovirus (IPV)

PEDIATRIC CHECKUP SCHEDULE		
Age	When	Important reminders or notes
6 months	Date: ____ / ____ / ____ Time: _____ a.m./p.m.	Your baby needs a referral for an Early Intervention Program (EIP) if they were diagnosed with hearing loss. Vaccines: <input type="checkbox"/> Rotavirus (RV) <input type="checkbox"/> Diphtheria, Tetanus, Pertussis (DTaP) <input type="checkbox"/> Haemophilus influenzae type b (Hib) <input type="checkbox"/> Pneumococcal (PCV) <input type="checkbox"/> Inactivated Poliovirus (IPV) <input type="checkbox"/> Influenza (Flu) – first dose
9 months	Date: ____ / ____ / ____ Time: _____ a.m./p.m.	Your baby needs a developmental screening using Ages & Stages Questionnaires (ASQ-3) – 9 months.
12 months (1 year old)	Date: ____ / ____ / ____ Time: _____ a.m./p.m.	Your child's 1st lead test should be done. Vaccines: <input type="checkbox"/> Hepatitis B (HepB) – (final dose between 6 and 18 months old) <input type="checkbox"/> Haemophilus influenzae type b (Hib) <input type="checkbox"/> Pneumococcal (PCV) <input type="checkbox"/> Inactivated Poliovirus (IPV) <input type="checkbox"/> Influenza (Flu) <input type="checkbox"/> Measles, Mumps, Rubella (MMR) <input type="checkbox"/> Varicella (Chickenpox) <input type="checkbox"/> Hepatitis A (HepA)
15 months	Date: ____ / ____ / ____ Time: _____ a.m./p.m.	Vaccines: <input type="checkbox"/> Hepatitis B (HepB) – (final dose between 6 and 18 months old) <input type="checkbox"/> Diphtheria, Tetanus, Pertussis (DTaP) <input type="checkbox"/> Haemophilus influenzae type b (Hib) <input type="checkbox"/> Pneumococcal (PCV) <input type="checkbox"/> Inactivated Poliovirus (IPV) <input type="checkbox"/> Influenza (Flu) <input type="checkbox"/> Measles, Mumps, Rubella (MMR) <input type="checkbox"/> Varicella (Chickenpox) <input type="checkbox"/> Hepatitis A (HepA)
18 months	Date: ____ / ____ / ____ Time: _____ a.m./p.m.	Your child needs a developmental screening using Ages & Stages Questionnaires (ASQ-3) – 18 months. Vaccines: <input type="checkbox"/> Hepatitis B (HepB) – (final dose between 6 and 18 months old) <input type="checkbox"/> Diphtheria, Tetanus, Pertussis (DTaP) <input type="checkbox"/> Inactivated Poliovirus (IPV) <input type="checkbox"/> Influenza (Flu) <input type="checkbox"/> Hepatitis A (HepA)

PEDIATRIC CHECKUP SCHEDULE		
Age	When	Important reminders or notes
24 months (2 years old)	Date: ____ / ____ / ____ Time: _____ a.m./p.m.	<p>Your child needs a developmental screening using Ages & Stages Questionnaires (ASQ-3) – 24 to 30 months.</p> <p>Your child's 2nd lead test should be done.</p> <p>Vaccines (between 19 to 23 months old):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Influenza (Flu) <input type="checkbox"/> Hepatitis A (HepA)
30 months	Date: ____ / ____ / ____ Time: _____ a.m./p.m.	Your child needs a developmental screening using Ages & Stages Questionnaires (ASQ-3) – 24 to 30 months.
36 months (3 years old)	Date: ____ / ____ / ____ Time: _____ a.m./p.m.	<p>Vaccine (2 to 3 years old):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Influenza (Flu)
4 to 6 years old	Date: ____ / ____ / ____ Time: _____ a.m./p.m.	<p>Vaccines:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Diphtheria, Tetanus, Pertussis (DTaP) <input type="checkbox"/> Inactivated Poliovirus (IPV) <input type="checkbox"/> Influenza (Flu) <input type="checkbox"/> Measles, Mumps, Rubella (MMR) <input type="checkbox"/> Varicella (Chickenpox)



Get More Information

Here is a list of resources where you can get more information and answers to your questions about lead poisoning, newborn hearing loss, and developmental screenings and milestones.

Contact information

Early Intervention Program (EIP)

Growing Up Healthy:

800-522-5006 (TTY: 800-655-1789). In New York City, call **311**.

health.ny.gov/community/infants_children/early_intervention/

Emblem Behavioral Health Services Program

Beacon Health Options: **888-447-2526 (TTY: 711)**

University Behavioral Associates (UBA): **800-401-4822** (for ID cards with Montefiore logo)

Newborn Screening Program

518-473-7552

nbsinfo@health.ny.gov

wadsworth.org/programs/newborn/screening

New York City Regional Poison Control Center

New York City Department of Health and Mental Hygiene:

800-222-1222 (TTY: 212-689-9014)

Additional web resources

Ages & Stages Questionnaires (ASQ-3)

Easterseals: easterseals.com/mtffc/

Developmental Monitoring and Screening

CDC: cdc.gov/ncbdd/childdevelopment/screening.html

Food and Nutrition

Office of Disease Prevention and Health Promotion: health.gov/dietaryguidelines/

Immunizations (Vaccinations) and Milestones

U.S. Department of Health and Human Services, Centers for Disease Control and Prevention:

Vaccinations: cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html

Milestones: cdc.gov/ncbdd/actearly/milestones/index.html

Lead Poisoning

NYSDOH: health.ny.gov/environmental/lead/

CDC: cdc.gov/nceh/lead/default.htm

Newborn Hearing Loss

CDC: cdc.gov/ncbddd/hearingloss/parentsguide/

Poison Control

New York City Regional Poison Control Center:

www1.nyc.gov/site/doh/health/health-topics/poison-control.page

We are here to help.

If you have questions about your child's coverage (health plan benefits) for lead screening, newborn hearing testing, and developmental screenings, please call Member Services at **855-283-2146 (TTY: 711)**. Our hours are 8 a.m. to 6 p.m., Monday through Friday. One of our representatives will be happy to help.



Other Important Information

Your child's pediatrician (primary care doctor):

Name: _____

Address: _____

Phone number: _____

Local Department of Health

Phone number: _____

Poison Control

Phone number: _____

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