



So your child grows up in good health –

An introduction to the „Zentrale Stelle Gesunde Kindheit“ (Central Department for a Healthy Childhood)

All parents share a common wish: for their children to grow up in good health. Every child in North Rhine-Westphalia is entitled to ten preventive medical check-ups to support their healthy upbringing. These procedures range from the U1 (directly after birth) up to the U9 at the age of six. The costs of these examinations are usually covered by your health insurance.

This initiative aims to reach out to every single child in North Rhine-Westphalia, without exceptions, and the „Zentrale Stelle Gesunde Kindheit“ keeps a record of these preventive examinations. This is how it works: For each child that has received one of the six medical check-ups (U5 to U9) between the ages of six months and five and a half years, the examining physician sends a confirmation letter to the „Zentrale Stelle Gesunde Kindheit“. Of course, it is easy to forget about a check-up appointment during everyday life, and some parents may not even be aware of these preventive examinations. This is why the „Zentrale Stelle Gesunde Kindheit“ keeps track of all children whose participation has not yet been confirmed. A few days after the period within which the examinations should be carried out (14 days before the end of that period in the case of the U5), parents will receive a reminding invitation letter.

If no proof of examination has been received after six weeks following the reminder, the responsible municipality will be notified. The municipality then decides at its own responsibility whether and how to contact the parents. This makes it possible to provide services to the family as needed.

Further information can be obtained from:

Zentrale Stelle Gesunde Kindheit
Telefon: 0234 91535-2222
(Office hours: Mon–Thu 9 AM – 12 PM)
Internet: www.gesunde-kindheit.nrw.de

Landeszentrum Gesundheit
Nordrhein-Westfalen

