

Health Care

What routine checkups do the children need? How often do they get physicals, medical condition checkups, dental and eye exams, etc.	
Our plan	Notes
Will the deployment impact the family's health insurance coverage (medical, dental, eye care)?	
Our plan	Notes
Are the children enrolled in the military insurance program "Tricare"? Does everyone have insurance cards? Does the family still have the previous insurance?	
Our plan	Notes
Which providers in our community are accepted by the insurance?	
Our plan	Notes

Operation Family:

Creating a plan to make parenting and family decisions when a military parent is deployed.

Developed by the University of Minnesota Extension Center for Family Development and
 Operation Military Kids For more information, see "Supporting Military Families in Minnesota" at www.parenting.umn.edu.

Copyright © 2009, Regents of the University of Minnesota. All rights reserved. For Americans with Disabilities Act accommodations, please call (800) 876-7636. The University of Minnesota is an equal opportunity educator and employer.

How should medical emergencies be handled?	
Our plan	Notes
What if the child(ren) need glasses? Does insurance cover any/all costs? Are contacts acceptable?	
Our plan	Notes
What if the child(ren) need braces? What do they cost? Can we afford it? Does the insurance cover orthodontics?	
Our plan	Notes
Mental health How do we decide if the child(ren) need some special counseling to deal with deployment issues? Are services available at school, through employers, places of worship, in our community, or through the military? Does insurance or the Employee Assistance Program cover any or all costs?	
Our plan	Notes

Operation Family:

Creating a plan to make parenting and family decisions when a military parent is deployed.

Developed by the University of Minnesota Extension Center for Family Development and Operation Military Kids For more information, see "Supporting Military Families in Minnesota" at www.parenting.umn.edu.

Copyright © 2009, Regents of the University of Minnesota. All rights reserved. For Americans with Disabilities Act accommodations, please call (800) 876-7636. The University of Minnesota is an equal opportunity educator and employer.

Do any of the children have special medical needs that need to be addressed?	
Our plan	Notes
If we have a child born while one parent is deployed Who will be the primary pediatrician? What about circumcision if the child is a boy? Do we agree on how to handle immunizations?	
Our plan	Notes
Other health care issues:	
Our plan	Notes

Operation Family:

Creating a plan to make parenting and family decisions when a military parent is deployed.

Developed by the University of Minnesota Extension Center for Family Development and Operation Military Kids For more information, see "Supporting Military Families in Minnesota" at www.parenting.umn.edu.

Copyright © 2009, Regents of the University of Minnesota. All rights reserved. For Americans with Disabilities Act accommodations, please call (800) 876-7636. The University of Minnesota is an equal opportunity educator and employer.