



Preventive Health Guidelines for Members: Newborn To 21 Years Old

Age	Well Baby Checkups and Shot Guide
Newborn	Well Baby Checkup* at birth. Hearing test. Newborn Screening blood tests and Hepatitis B (HepB) shot.
3-5 Days	Well Baby Checkup* as recommended by your doctor, including Newborn Screening blood tests and Hepatitis B (HepB) shot if not done at birth. This visit is especially important if your baby was sent home within 48 hours of birth.
1 month	Well Baby Checkup*, second HepB. Newborn Screening blood test if not already completed.
2 Months	Well Baby Checkup*. Diphtheria, Tetanus, and Pertussis (DTaP), Polio (IPV), Pneumococcal (PCV), Haemophilus influenzae type b, (Hib) shots, Newborn Screening blood test if not already completed.
4 Months	Well Baby Checkup*. DTaP, Hib, IPV, PCV.
6 Months	Well Baby Checkup*. DTaP, HepB, Hib, IPV, PCV.
9 Months	Well Baby Checkup*. Blood Lead test
12 Months	Well Baby Checkup*. Blood Lead, hemoglobin or hematocrit, Hib, Measles, Mumps, Rubella (MMR), Hepatitis A (HepA), Varicella (Chicken Pox), PCV. Dental visit as need identified.
15 Months	Well Baby Checkup*, DTaP, Hib, blood lead if not done at 9 months or 12 months.
18 Months	Well Baby Checkup*, second HepA (6 months after the first dose)
24 Months	Well Baby Checkup*, Blood Lead test
30 Months	Well Baby Checkup*
2-3 Years	Immunizations: PPV, HepA Series, MCV4 (high-risk groups); influenza yearly
Flu Shots	Each year for kids age six months or older who have certain high-risk diseases like asthma and diabetes
Age	Well Child Check-Ups and Shot Guide
3 Years	Well Child Checkup*. Eye Screening. Annual Dental Visit**
4-5 Years	Well Child Checkup* every year. Eye Screening. MMR, DTaP and IPV sometime between ages 4 and 6. Annual Dental Visit.
4-6 Years	Immunizations: DTaP, IPV, MMR Varicella
6-10 Years	Well Child Checkup* every year, Annual Dental Visit,
11 to 12 Years	Well Child Checkup* every year Meningococcal Shot, Tetanus, diphtheria and pertussis shot (Tdap), (HPV, 3 doses). Annual Dental Visit.
13 to 21 Years	Well Adolescent Checkup* every year, HPV vaccination if not done by the age of 11 or 12. Annual Dental Visit. Females should have a pelvic exam and Pap smear between 18 and 21 years.

NOTES:

* Well Baby, Child and Adolescent Check Ups / Physical Exam with infant totally unclothed or older child undressed and suitably covered, Health History, Developmental and Behavioral Assessment, Health Education (Sleep Position counseling from 0-9 months, Injury/Violence Prevention and Nutrition Counseling), Height, Weight, Test for Obesity (known as BMI), Vision and Hearing Screening, Head Circumference at 0 – 24 months, and Blood Pressure at least every year beginning at age 3.

Your doctor will also perform the following services as needed:

1. Hemoglobin or hematocrit at ages 4, 18, 24 months and 3 years through 21 years old



2. Lead risk assessments and/or testing from 3 to 6 years old
3. Tuberculosis risk assessments and/or testing from age 12 months through 21 years old
4. Cardiovascular disease risk assessments and cholesterol screening from age 2 years through 21 years old
5. Sexually transmitted infections testing from age 11 years through 21 years old
6. "Catch up" on any shots that have been missed at an earlier age

**Dental visits may be recommended beginning at 6 months .

This is just a guide. It does not replace your doctor's advice. Talk with your doctor to make sure you and your family gets the right tests and care.

References:

- Committee on Practice and Ambulatory Medicine Recommendations for Preventive Pediatric Health Care, *PEDIATRICS*, Vol. 105 (3), March 2000, pages 645-646, Copyright © 2000 by the AAP.
- Recommended Childhood and Adolescent Immunization Schedule United States-2008, approved by the Advisory Committee on Immunization Practices (www.cdc.gov/nip/acip/), The American Academy of Pediatrics (www.aap.org) and the American Academy of Family Physicians (www.aafp.org).
- Recommended Immunization Schedule for Child and Adolescents Who Start Late or Who Are More Than 1 Month Behind, United States-2006, approved by the Advisory Committee on Immunization Practices (www.cdc.gov/nip/acip/), 2008 Bright Futures/ American Academy of Pediatrics (www.aap.org) and the American Academy of Family Physicians (www.aafp.org).
- American Dental Association (<http://www.ada.org/>)

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