



## 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) vaccine.
3–5 Days	Well-baby checkup* as recommended by your doctor, including newborn screening blood tests and hepatitis B (HepB) vaccine 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 dose of hepB vaccine. Newborn screening blood test if not already completed.
2 Months	Well-baby checkup*. Diphtheria, tetanus, and pertussis (DTaP), Rotavirus (RV), Polio (IPV), Pneumococcal conjugate (PCV), and Haemophilus influenzae type b, (Hib) vaccines. Newborn screening blood test if not already completed.
4 Months	Well-baby checkup*. DTaP, Hib, IPV, PCV, and RV vaccines.
6 Months	Well-baby checkup*. DTaP, HepB, IPV, PCV, influenza, Hib and RV vaccines.
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 (chickenpox), PCV and influenza vaccines. Dental visit as need identified**.
15 Months	Well-baby checkup*. DTaP vaccine, urine test and blood lead if not done at 9 months or 12 months.
18 Months	Well-baby checkup*. Second dose of HepA vaccine (6 months after the first dose), dental visit.
24 Months	Well-baby checkup*. Blood lead test, influenza vaccine, dental visit.
30 Months	Well-baby checkup*.
Age	Well-Child Checkups and Shot Guide
3 Years	Well-child checkup*. Eye screening, dental visit twice a year; influenza vaccine. Lead test if none were performed at ages 12 and 24 months.
4–6 Years	Well-child checkup* every year. Eye screening between 4–5 years, dental visit twice a year. Urine test at age 5 years. DTaP, IPV, MMR, varicella and influenza vaccines. Lead test if none were performed at ages 12 and 24 months.
6–10 Years	Well-child checkup* every year. Dental visit twice a year, influenza vaccine every year.
11–12 Years	Well-child checkup* every year. Meningococcal conjugate vaccine (MCV), tetanus, diphtheria and pertussis vaccine (Tdap), human papillomavirus vaccine (HPV) series, influenza vaccine every year, dental visit twice a year.
13 to 21 Years	Well-adolescent checkup* every year. HPV series (if not administered previously), influenza vaccine every year for ages 13–18, dental visit twice a year. Urine test by age 16. Females should have a pelvic exam and Pap smear between 18 and 21 years. High-risk members ages 19–21 should have influenza vaccine each year.



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NOTES:

- Well-baby, -child and -adolescent checkups: 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:

- 2008 Bright Futures/American Academy of Pediatrics ([www.aap.org](http://www.aap.org))
- 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 Immunization Schedules for Persons Aged 0-18 Years -- United States, 2009 approved by the Advisory Committee on Immunization Practices (ACIP) <http://www.cdc.gov/vaccines/recs/schedules/child-schedule.htm#printable> , the American Academy of Pediatrics (AAP), and the American Academy of Family Physicians (AAFP).
- Catch-up Immunization Schedule for Persons Aged 4 Months Through 18 years Who Start Late or Who Are More Than 1 Month Behind, United States-2009, approved by the Advisory Committee on Immunization Practices ([www.cdc.gov/nip/acip/](http://www.cdc.gov/nip/acip/)), 2008 Bright Futures/American Academy of Pediatrics ([www.aap.org](http://www.aap.org)) and the American Academy of Family Physicians ([www.aafp.org](http://www.aafp.org)).
- American Dental Association (<http://www.ada.org/>)

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