



Preventive Health Guidelines for Members Newborn Up 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.
2-4 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
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, hemoglobin or hematocrit.
12 Months	Well Baby Checkup*. Blood Lead, hemoglobin or hematocrit if not done at 9 months. Hib, Measles, Mumps, Rubella (MMR), Hepatitis A (HepA), Varicella (Chicken Pox), PCV. Dental visit as need identified.
15 Months	Well Baby Checkup*, DTaP, Hib, Urine test and 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
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* each year. Eye Screening. MMR, DTaP and IPV sometime between ages 4 and 6. Annual Dental Visit. Urine Test at age 5 years.
6-10 Years	Well Child Checkup* every other year, Annual Dental Visit, Urine test at age 6 years if not done at age 5 years
11 to 12 Years	Well Child Checkup* once. Meningococcal Shot, Tetanus, diphtheria and pertussis shot (Tdap), (HPV, 3 doses). Annual Dental Visit.
13 to 21 Years	Well Adolescent Checkup* each year. Hemoglobin or hematocrit by age 14. HPV vaccination if not done the age of 11 or 12. Annual Dental Visit. Urine Test by age 16. 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 between ages 15 months through 6 years and between age 11 years through 21 years old
2. Urine testing from age 11 years to 21 years old
3. Lead risk assessments and/or testing from 3 to 6 years old
4. Tuberculosis risk assessments and/or testing from age 12 months through 21 years old
5. Cardiovascular disease risk assessments and cholesterol screening from age 2 years through 21 years old
6. Sexually transmitted disease testing from age 11 years through 21 years old
7. “Catch up” on any shots that have been missed at an earlier age

**Dental visits may be recommended beginning at 1 year of age.

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-2006, 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/), The American Academy of Pediatrics (www.aap.org) and the American Academy of Family Physicians (www.aafp.org).
- American Dental Association (<http://www.ada.org/>)