



# Preventive Guidelines for Children



To stay healthy, children need routine shots and preventive check-ups. These guidelines\* describe recommended preventive services that most children need. Depending on your child's personal health care needs or risk factors, your doctor may give you a different schedule. If you think your child may be at risk for a particular condition, talk to your doctor.

To verify your benefits, check your benefits contract, your enrollment materials or log in to *My Account* at [www.carefirst.com/myaccount](http://www.carefirst.com/myaccount).

## Counseling and Screenings

Your health care provider should discuss these topics at every exam, depending on your child's age:

- Injury prevention
- Diet and exercise
- Substance use
- Smoking
- Dental health: Check-ups twice a year, beginning at age 2
- Sexual behavior
- Depression
- Domestic violence
- Use of alternative medicine and therapies
- Sun safety

## Birth to 24 Months

- **Medical history and exam:** At birth to 1 month and at 2, 4, 6, 9, 12, 15 and 18 months
- **Height, weight, hearing, vision, head measurement, and assessment of growth, development and behavior:** Each visit
- **Congenital heart disease:** After 24 hours of age before discharge from the hospital
- **Congenital hypothyroidism:** 2–4 days of age
- **Tests required by state law:** By 1 month
- **Tuberculin skin test:** Once by age 12 months; check once a year for high-risk factors
- **Lead poisoning test:** Once between 9 and 12 months
- **Hematocrit/Hemoglobin:** Once between 9 and 12 months
- **Autism screening:** At 18-month visit and 24-month visit
- **Sexually transmitted disease:** HIV test for infants born to mothers whose HIV status is unknown
- **Sickle Cell Disease:** Once between 9-12 months
- **Nutrition counseling:** From birth to 21 months, check the baby's eating habits
- Remember to use firm bedding and place healthy babies on their backs to sleep.

Find out when your child's shots are due at: [www.carefirst.com/prevention](http://www.carefirst.com/prevention).

For more information about health and wellness, visit [www.carefirst.com/livinghealthy](http://www.carefirst.com/livinghealthy).

\* Guidelines are adapted from a variety of sources including: American Academy of Pediatrics; American Academy of Family Physicians; Centers for Disease Control and Prevention, and United States Preventive Services Task Force.



**Ages 2 to 10**

- **Medical history and exam:** Ages 2, 2½, 3, 4, 5, 6, 7, 8, 9 and 10
- **Height, weight, hearing, vision, and assessment of growth, development and behavior:** Each visit; body mass index (BMI) once a year, starting at age 2
- **Head measurement:** Until age 2
- **Blood pressure:** Each visit, beginning at age 3
- **Cholesterol:** Test one time between 9–11 years
- **Urinalysis:** Age 5
- **Rubella:** Vaccination history or blood test for girls of child-bearing age, beginning at age 10
- **Tuberculin skin test:** Assess annually and test if high risk
- **Diabetes:** Testing every 3 years, beginning at age 10 or at onset of puberty, whichever comes first, if these conditions apply:
  - Overweight (body mass index > 85th percentile or weight > 120% of ideal for height)
  - Family history of type 2 diabetes
  - Native American, African American, Latino, Asian American or Pacific Islander race/ethnicity
- **Hematocrit/Hemoglobin:** Assess risk at 15 months and 30 months
- **Obesity screening:** Starting at age 6

**Ages 11 to 21**

- **Medical history and exam:** Once a year
- **Height, weight, hearing, vision, and assessment of growth, development and behavior:** Each well visit; BMI once a year
- **Blood pressure:** Each visit
- **Cholesterol:** Test one time between 18–21 years
- **Rubella:** Vaccination history or blood test for females of childbearing age
- **Hematocrit/Hemoglobin:** Screen females once a year after periods begin
- **Urinalysis:** Beginning at age 11, screen annually if sexually active
- **Tuberculin skin test:** Assess annually and test if high risk
- **Depression:** Screen annually between 11–21 years of age
- **Sexually transmitted diseases:** Screen if sexually active or at high risk beginning at age 11. Screen for HIV once between 16 and 18 and test annually if at high risk
- **Pelvic exam:** Most women under age 21 should not be screened for cervical cancer regardless of sexual activity or other factors
- **Calcium counseling:** Beginning at age 11
- **Obesity screening:** Between 11–18 years

■ Depending on your child’s age and history, your doctor may screen for other high-risk conditions, including hepatitis A, B and C, chlamydia, gonorrhea and HIV.

