

Preventive Guidelines for Children

To stay healthy, children need routine shots and preventive check-ups. CareFirst BlueCross BlueShield and CareFirst BlueChoice, Inc. offer these guidelines that describe the 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.

Please note that the following services may not be covered by your health plan. Call Member Services at the phone number on your ID card to verify your benefits.



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 abuse
- smoking
- dental health (check-ups twice a year, beginning at age 2)
- sexual behavior
- depression
- domestic violence
- use of alternative medicine and therapies

◆ Remember to place healthy babies on their backs to sleep ◆



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
- **Tests required by state law:** by 1 month
- **Lead poisoning test:** once between 9 and 12 months
- **Hematocrit/Hemoglobin:** once between 9 and 12 months
- **Tuberculin skin test:** once by age 12 months; check once a year for high-risk factors
- **Autism Screening:** once at 18- or 20-month visit
- **Sexually transmitted disease:** HIV test for infants born to mothers whose HIV status is unknown
- **Nutritional Status:** from birth to 21 months check the baby's eating habits

Ages 2 to 10

- **Medical history and exam:** ages 2, 30 months, 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:** screen by history or blood test

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Preventive Guidelines for Children *(continued)*

Ages 2 to 10 (continued)

- **Urinalysis:** age 5
- **Tuberculin skin test:** check once a year for high-risk factors
- **Rubella:** vaccination history or blood test for girls of child-bearing age, beginning at age 10
- **Diabetes:** fasting plasma glucose every 2 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



Ages 11 to 20

- **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:** screen by history or blood test; begin routine testing at age 20
- **Rubella:** vaccination history or blood test for females of childbearing age
- **Hematocrit/Hemoglobin:** once; screen females once a year after periods begin
- **Urinalysis:** beginning at age 11, screen if sexually active
- **Tuberculin skin test:** once a year for high-risk factors
- **Sexually transmitted diseases:** screen if sexually active or at high risk; routine HIV screening, beginning at age 11 years

- **Pelvic exam and routine Pap test:** screen girls once a year beginning at age 21 or within 3 years after sexual intercourse, whichever comes first; if 3 exams in a row are normal, the doctor may advise a pelvic exam once a year and a Pap test every 1-3 years.
- **Osteoporosis Counseling:** beginning at age 11, to get enough calcium

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.

Find out when your
child's shots are due at:
www.carefirst.com/prevention

For more information about
health and wellness, visit
My Care First at:
www.mycarefirst.com