

# Children's Wellness Guidelines

## Children's health

Put your children on the path to wellness by scheduling regular office visits with a doctor. In addition to discussing your child's growth and progress, the doctor should:

- Check your child's body mass index percentile regularly, beginning at age 6.
- Conduct a yearly wellness exam, beginning at age 3.
- Test vision at least once between the ages of 3 and 5.

Routine Children's Immunization Schedule										
Vaccine	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	1.5-3 years	4-6 years
Hepatitis B (HepB)	●	●					●			
Rotavirus (RV)			●	●	●*					
Diphtheria, Tetanus and Pertussis (DTaP)			●	●	●			●†		●
Haemophilus Influenzae Type B (Hib)			●	●	●*	●				
Pneumococcal Conjugate (PCV)			●	●	●	●				
Inactivated Polio Vaccine (IPV)			●	●		●				●
Influenza (Flu)						● Recommended <b>yearly</b> starting at age 6 months, with two doses given the first year.				
Measles, Mumps and Rubella (MMR)						●				●
Varicella (Chicken pox)						●				●
Hepatitis A (HepA)						● First dose: 12-23 months. ● Second dose: 6-18 months later.				

● One dose    □ Range of recommended dates

\* Number of doses needed varies depending on vaccine used. Ask your doctor.

† The fourth dose of DTaP may be given as early as 12 months, as long as at least six months have passed since the third dose.

Sources: U.S. Department of Health and Human Services, the Centers for Disease Control and Prevention, U.S. Preventive Services Task Force. These are independent agencies that provide health information on behalf of Blue Cross and Blue Shield of Florida, Inc.

## Tweens and teenagers

As your child grows into a teen, he or she should continue yearly doctor visits for exams and scheduled immunizations. These visits give the doctor a chance to talk about:

- The importance of good eating habits and regular physical activity.
- Avoiding alcohol, smoking and drugs.
- The impact of sexual activity and sexually transmitted disease.

Recommended Immunizations for ages 7 to 18					
Vaccine	7-10 years	11-12 years	13-15 years	16 years	17-18 years
Tetanus, Diphtheria, Pertussis (Tdap)		●			
Human Papillomavirus (HPV) – females and males		●*			
Meningococcal (MCV)		●		●	
Influenza (Flu)	Yearly				

● One dose    □ Range of recommended dates

\* The CDC recommendation for HPV vaccination for children is two doses at 11-12 years old.



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These recommendations come from the Centers for Disease Control and Prevention and the American Academy of Pediatrics. The recommendations are not intended as medical advice nor meant to be a substitute for the individual medical judgment of a doctor or other health care professional. Please check with your doctor for individual advice on the recommendations provided.

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