

Preventive Health Guidelines: Birth to age 21 years

Well Visits	Birth to 1 year old	1 to 4 years old	5 to 10 years old	11 to 18 years old	19 to 21 years old
Routine Well Visits including developmental milestones, behavioral assessments, health and well-being guidance, physical activity and nutrition.	Age 1 to 2 weeks old; and ages 1, 2, 4, 6, 9, and 12 months. Assess breastfeeding infants between 2 to 5 days of age.	Ages 15, 18, and 24 months; and ages 3 and 4 years.	Yearly	Yearly	Yearly
Screenings/Tests					
Anemia	Once between ages 9 and 12 months.	Ages 11 to 21 years; starting at age 12 years, screen all non-pregnant females every five to 10 years during well visit. Doctor may order test more often if at high risk.			
Blood Pressure		Yearly, beginning at age 3 years.			
Cholesterol		Once between ages 9 to 11 years and again at ages 18 to 21 years. Screening may be done between ages 1 to 17 years if there is a family history of premature cardiovascular disease or parent with known lipid disorder and/or parent with a high-risk condition.			
Growth and Body Mass Index (BMI)	Doctor will check child's growth at all visits by measuring length, weight and head circumference.	Growth to be checked yearly. BMI: Ages 24 months and 30 months; every year starting at age 3 years.			
Hearing	Doctor will check before newborn leaves hospital and at other routine checkups.	Ages 4, 5, 6, 8 and 10 years. If the child has a language delay or is at risk of hearing loss, doctor may check every six months until age 3 years and throughout childhood.			
Hepatitis C	Ages 1 to 10 years if mother is infected with Hepatitis C.				
Lead	Initial screening between ages 9 and 12 months.	Age 2 years.	Doctor may test before child starts kindergarten if not tested earlier.		
Oral Health	By age 6 months, talk to your doctor about fluoride in the local water supply and other foods and beverages prepared with fluoridated water. Doctor may prescribe fluoride supplementation if necessary. Oral health to be checked at all ages.				
Pap test (Females)					At 21 years of age. Annually if young adult has immune suppression or infection with HIV, starting at the onset of sexual activity.
Sexually Transmitted Diseases (STDs)/ human immunodeficiency virus (HIV)				For HIV: routine screening at least once by age 18 years. For chlamydia and gonorrhea: screen yearly if sexually active. For syphilis: screen if at risk.	
Tuberculosis (TB)	Tuberculin skin testing if at high risk.				
Vision	Doctor will check before newborn leaves hospital and at other routine checkups.	Test at ages 3 through 6 years and at ages 8, 10, 12, 15 and 18 years.			

(Continues)



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Immunizations ¹	Birth to 1 year old	1 to 4 years old	5 to 10 years old	11 to 18 years old	19 to 21 years old
Diphtheria, Tetanus, Pertussis (DTaP) Tetanus, Diphtheria, and Acellular Pertussis (Tdap) [Replaces Tetanus Diphtheria (Td)]	DTap 5 doses: ages 2, 4, 6 months; 15 to 18 months and ages 4 to 6 years.			Tdap 1 dose: between ages 11 to 12 years.	
Haemophilus (Hib)	3 or 4 doses, (depending on formulation): ages 2 months, 4 or 6 months; and between ages 12 to 15 months.				
Hepatitis A		2 doses: between ages 12 to 23 months. Second dose to be given 6 months after the first dose.			
Hepatitis B	3 doses: at birth, ages 1 to 2 months, and ages 6 to 18 months.				
Human papillomavirus (HPV) (males and females)				2 doses: between ages 11 to 12 years. The second dose should be given 6 to 12 months after the first dose. Can receive up to age 21 years.	
Inactivated Polio (IPV)	4 doses: ages 2 and 4 months; 6 to 18 months; and 4 to 6 years.				
Influenza (flu)	Yearly during flu season for all children starting at age 6 months.				
Measles, Mumps, Rubella (MMR)		1 dose: between ages 12 to 15 months.	1 dose: between ages 4 to 6 years.		
Meningococcal Vaccine				2 doses between ages 11 to 12 years and age 16 years.	
Pneumococcal Conjugate (PVC13)	4 doses: ages 2, 4 and 6 months and between ages 12 to 15 months.				
Rotavirus	2 or 3 doses (depending on formulation): ages 2, 4 and 6 months.				
Varicella (chicken pox)		2 doses: between ages 12 to 15 months and between 4 to 6 years.			

Discuss these guidelines with your doctor and use them in planning to get preventive care services.

Please check your Horizon BCBSNJ member materials or with your benefits administrator for information about your preventive coverage. You can also visit [HorizonBlue.com](https://www.horizonblue.com) and sign in to Member Online Services and under the *My Coverage* section, click the *What's Covered* tile. You can also send Member Services a message through *My Messages* or *Chat* or call the Member Services number on the back of your ID card to confirm coverage.

These preventive health guidelines are based on recommendations from the Centers for Disease Control and Prevention (CDC), Advisory Committee on Immunization Practices, U.S. Preventive Services Task Force, American College of Obstetricians and Gynecologists, American Academy of Pediatrics and other nationally recognized authorities, available at the time of publication. These preventive health guidelines are a general guide intended to be used for educational purposes only. These guidelines are continually reviewed and updated and are subject to change.

¹ If your child has a medical condition that puts him/her at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he/she may need.

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Spanish (Español): Para ayuda en español, llame al **1-855-477-AZUL (2985)**.

Chinese (中文): 如需中文協助, 請致電 **1-800-355-BLUE (2583)**。