

Preventive Service 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 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
- Tobacco, drug and alcohol use
- Smoking
- Dental health: Check-ups twice a year, beginning at 12 months
- Sexual behavior
- Depression
- Domestic violence
- Use of alternative medicine and therapies
- Sun safety/skin cancer prevention
- Fluoride supplementation

Birth to 24 months

- **Medical history and exam:** At birth to 1 month and at 2, 4, 6, 9, 12, 15, 18 and 24 months
- **Height, weight, hearing, vision, head measurement, body mass index (BMI) percentile, 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
- **Tuberculosis:** Assess risk at 1, 6, 12 and 24 months. Testing should be performed on recognition of high risk factors
- **Bilirubin screening:** First newborn visit
- **Lead poisoning:** Assess risk at 6, 9, 12, 18 and 24 months. Perform blood test at 12 and 24 months in high prevalence areas
- **Anemia:** Assess risk at 4, 12, 15, 18 and 24 months. Perform blood test at 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: carefirst.com/prevention.
For more information about health and wellness, visit 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; BMI percentile once a year, starting at age 2
- **Head measurement:** Until age 2
- **Blood pressure:** Each visit, beginning at age 3
- **Urinalysis:** Age 5
- **Cholesterol:** Test one time between 9–11 years
- **Rubella:** Vaccination history or blood test for girls of child-bearing age, beginning at age 10
- **Tuberculosis:** Assess risk annually from 2–10 years. Testing should be performed on recognition of high-risk factors
- **Anemia:** Assess risk at 24 months, 30 months, 3 years and annually thereafter
- **Lead poisoning:** Assess risk annually between 2–6 years
- **Body Mass Index (BMI):** Screen at 24 months, 30 months, 3 years and annually thereafter
- **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

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 percentile once a year
- **Blood pressure:** Each visit
- **Cholesterol:** Test one time between 17–21 years
- **Rubella:** Vaccination history or blood test for females of childbearing age
- **Anemia:** Assess risk annually. Screen females once a year after periods begin
- **Urinalysis:** Beginning at age 11, screen annually if sexually active
- **Tuberculosis:** Assess risk annually from 11–21 years. Testing should be performed on recognition of high-risk factors
- **Depression:** Screen annually between 12–21 years of age
- **Sexually transmitted diseases:** Screen if sexually active or at high risk beginning at age 11
- Screen for HIV once between 15–18 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
- **Body Mass Index (BMI):** Screen annually between 11–21 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.

HMO members should contact the number on the back of their medical insurance member ID card for coverage.

CareFirst Preventive Service Guidelines are for physician practice and patient care and do not define member benefits. These guidelines are general recommendations for members with no special risk factors. Variations are appropriate based on individual circumstances. Approved by CareFirst's Quality Improvement Council—April 2019.

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