## GOOD HEALTH STARTS EARLY

## Well-Child Quick Reference Guide



fepblue.org

As soon as your child is born, it's time to start promoting good health. Begin by scheduling well-child visits with your child's doctor. This is an opportunity to:



Track your child's growth & development



Make sure your child gets vaccines & other preventive care

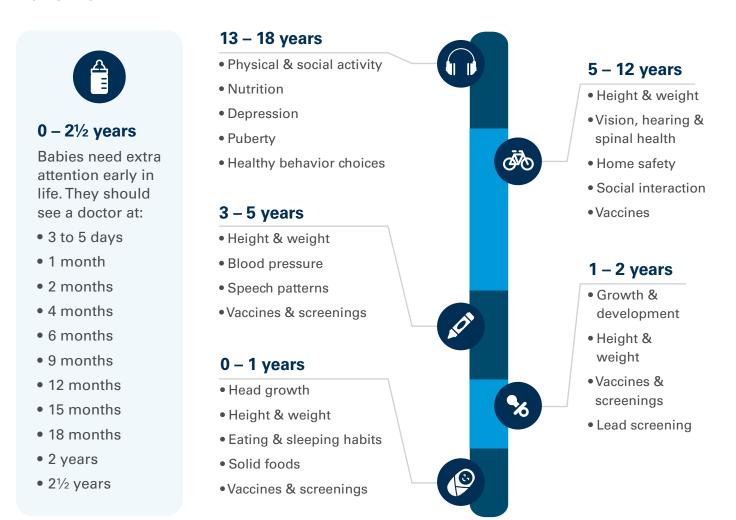


Ask questions about behavior, sleep, nutrition, safety & more



Help your child manage serious conditions, such as asthma & diabetes

Annual checkups allow you and your child's doctor to make sure your child is growing up on track. Here's a schedule of visits recommended by the American Academy of Pediatrics (AAP) along with key topics your child's doctor will address:



## **Healthy Families Program**

The Healthy Families Program offers games, activities and tools for everything from weight management to healthy lifestyle habits. Predict your child's future weight from what they weigh now. Make sure your child gets the proper morning nutrition. And refer to our Healthy Teens Program for information about teen behavior. Get started at fepblue.org/healthyfamilies.



## **Recommended Vaccine Schedule**

	Birth	1 mo.	2 mos.	4 mos.	6 mos.	9 mos.	12 mos.	15 mos.	18 mos.	24 mos.	2-3 yrs.	4-6 yrs.	7-10 yrs.	11-12 yrs.	13-15 yrs.	16-18 yrs.	
Hepatitis B	1st dose	2nd dose			3rd dose												
Rotavirus			1st dose	2nd dose	3rd dose												
DTaP/Tdap			1st dose	2nd dose	3rd dose	4th do		dose			5th dose		Tdap				
Haemophilus influenzae type B			1st dose	2nd dose		4th dose											
Pneumonia, meningitis (pneumococcal)			1st dose	2nd dose	3rd dose	4th dose											
Polio			1st dose	2nd dose		3rd dose						4th dose					
COVID-19						2 or 3 doses series with boosters											
Flu (influenza)					Annual vaccinations												
Measles, mumps, rubella							1st o	dose				2nd dose					
Chickenpox (varicella)							1st o	dose				2nd dose					
Hepatitis A								2 doses									
HPV														2 doses			
Meningococcal meningitis														1st dose		2nd dose	
Pneumococcal polysaccharide			1st dose	2nd dose	3rd dose		4th	dose									
Meningococcal B													1st dose			2nd dose	
Dengue	1st dose				2nd dose		3rd dose										

For more information, call toll free 1-800-CDC-INFO (1-800-232-4636) or visit cdc.gov/vaccines/parents.



Start scheduling well-child visits today. Find a pediatrician near you at fepblue.org/provider.

This information is not meant to substitute the advice of your doctor or any other health care professional. You should speak to your doctor before starting a new diet or exercise routine.

This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the Plan's Federal brochures (FEP Blue Standard and FEP Blue Basic: RI 71-005; FEP Blue Focus: RI 71-017). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.

The Blue Cross Blue Shield Association is an association of independent, locally operated Blue Cross and Blue Shield companies.