

GOOD HEALTH STARTS EARLY

Well-Child Quick Reference Guide

feblue.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:



0 – 2½ years

Babies need extra attention early in life. They should see a doctor at:

- 3 to 5 days
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 2 years
- 2½ years

13 – 18 years

- Physical & social activity
- Nutrition
- Depression
- Puberty
- Healthy behavior choices

3 – 5 years

- Height & weight
- Blood pressure
- Speech patterns
- Vaccines & screenings

0 – 1 years

- Head growth
- Height & weight
- Eating & sleeping habits
- Solid foods
- Vaccines & screenings

5 – 12 years

- Height & weight
- Vision, hearing & spinal health
- Home safety
- Social interaction
- Vaccines

1 – 2 years

- Growth & development
- Height & weight
- Vaccines & screenings
- Lead screening



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 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 dose					2nd dose				
Chickenpox (varicella)							1st 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.

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SBPWC2023