



## **Children's Wellness Guidelines**

## Laying the Groundwork for a Healthy Tomorrow

Good health is a gift we all wish for a child, but it does not happen without your help.

Some things you can do to help keep your child well:

- Start good eating habits at an early age and be a good role model
- Push your child to play and stay active
- Keep up with suggested shots

Blue Cross Community Health Plans<sup>SM</sup> wants your child to be well.



[www.bcbsil.com/bcchp](http://www.bcbsil.com/bcchp)

## Children's Health

Put your child on the path to good health right away by scheduling preventive care visits with a doctor. The doctor will watch your child's growth and progress and should talk with you about eating and sleeping habits, safety and behavior issues.

The American Academy of Pediatrics says your doctor should:



Check your child's Body Mass Index (BMI) percentile often, starting at age 2



Check blood pressure each year, starting at age 3



Screen hearing at birth, then each year from ages 4 to 6, then at ages 8 and 10



Test eyesight each year from ages 3 to 6, then at ages 8, 10, 12, and 15

Help protect children from sickness. Make sure they get the suggested shots shown in the charts. If your child has missed shots, ask your doctor how to catch up.

Get more health information at [www.healthychildren.org](http://www.healthychildren.org)

**Please note:** These recommendations are for healthy children who do not have any special health risks. Take time to check these summaries of key preventive services.

**Be sure your child is up-to-date on immunizations and health screenings.**

## Routine Children’s Immunization Schedule<sup>1</sup>

Vaccine	Birth	1 month	2 months	4 months
Hepatitis B (HepB)	•	•		
Rotavirus (RV)			•	•
Diphtheria Tetanus and Pertussis (DTaP)			•	•
Haemophilus Influenzae Type B (Hib)			•	•
Pneumococcal Conjugate (PCV)			•	•
Inactivated Polio Vaccine (IPV)			•	•
COVID-19 Vaccine				
Influenza (Flu)				
Measles, Mumps and Rubella (MMR)				
Varicella (Chicken pox)				
Hepatitis A (HepA)				

• One dose

■ Shaded parts show the shots that can be given during the shown age range

6 months	12 months	15 months	18 months	1½-3 years	4 - 6 years
●					
●					
●		●			●
●	●				
●	●				
●					●
2 or 3 dose primary series and booster					
Recommended <b>each year</b> starting at age 6 months with 2 doses given the first year					
	●				●
	●				●
	First dose: 12 to 23 months Second dose: 6 to 18 months later				

● One dose

■ Shaded parts show the shots that can be given during the shown age range

## Tweens and Teenagers

As your children grow into teens, they should keep having preventive care visits each year for exams and scheduled immunizations. These visits give the doctor a chance to:

- Talk about the need for good eating habits and staying active
- Talk about not smoking and using drugs or alcohol
- Screen for sex activity and sexually transmitted diseases if needed
- Screen for HIV between the ages of 15 and 21.

## Recommended Immunizations for ages 7 to 18<sup>1</sup>

Vaccine	9- 10 years	11 - 12 years	13 - 15 years	16 years	17 - 18 years
Tetanus Diphtheria Pertussis (Tdap)		●			
Human Papillomavirus (HPV) - females and males (Recommended age 9 to 13 years old)	● 2 or 3 dose series	●			
Meningococcal (MCV)		●		●	
Influenza (Flu)	Each year				
COVID-19 Vaccine	2 or 3 dose primary series and booster				

- One dose
- Shaded parts show the shots that can be given during the shown age range



1. These suggestions come from the Centers for Disease Control and Prevention and the American Academy of Pediatrics ([cdc.gov/vaccines/hcp/acip-recs/index.html](https://www.cdc.gov/vaccines/hcp/acip-recs/index.html)). The suggestions are not meant as health advice. Please talk to your doctor. Please check with your doctor for advice and plans about your health.

Coverage for preventive services may differ because of your own benefit plan and use of group doctors. For questions, please call **1-877-860-2837**.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-860-2837** (TTY/TDD: **711**).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **1-877-860-2837** (TTY/TDD: **711**).

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