Childhood Immunization and Screening Guidelines
(Birth to 18 Years Old)

Childhood Screenings

Check-up Schedule:

- Newborn
- 3-5 days
- 1 month
- 2 months
- 4 months
- 6 months
- 12 months
- 15 months
- 18 months
- 24 months
- 30 months
- 3-21 years, annually

Childhood Immunizations

(See Adult Preventive Health Guidelines for those over 18 years of age)

Diphtheria-Tetanus-Pertussis Immunization
2 months, 4 months, 6 months, 15–18 months, 4–6 years

Hemophilus Influenza Immunization (Hib)
2 months, 4 months, 6 months, 12–15 months

Hepatitis A Immunization
12 to 23 months

Hepatitis B Immunization
Birth, 1–2 months, 6–18 months

Pneumococcal Conjugate Immunization (PCV)
2 months, 4 months, 6 months, 12–15 months

Polio Immunization (IPV)
2 months, 4 months, 6–18 months, 4–6 years

Rotavirus Immunization
2 months & 4 months; third dose may be necessary with an age limit of 6 months

Human Papillomavirus Immunization (HPV)
11–12 years initiation and through age 18. Number of doses is dependent on age of initial vaccination

Meningococcal Immunization (MCV)
11–12 years, booster at 16 years

Seasonal Influenza Immunization
Yearly

Chicken Pox Immunization
12–15 months, 4–6 years

Measles, Mumps, Rubella Immunization (MMR)
12–15 months, 4–6 years

That means you go to see your doctor annually when you are well.

The Health Plan covers the following examinations and services for its members. Members should verify coverage prior to obtaining services. We encourage you to use this guide to help you schedule visits with your primary care physician (PCP).

Advances in childhood immunization vaccines have decreased the number of overall immunizations your child may receive. This is due to the increasing number of combination vaccines now available.

Your child’s doctor can best advise you on the appropriate age and the expected number of immunizations for each disease. Most immunizations start at 2 months of age.

Please be sure to make and keep your child’s appointment with their doctor.
Focus on Health & Wellness
Adopting a healthy lifestyle is the best preventive medicine. Below are a few suggestions to help you enjoy the best health and quality of life possible.

- Be proactive about your health by staying on top of necessary screenings and health care visits.
- No smoking or smokeless tobacco.
- No illicit or street drugs.
- Limit alcohol (Men two drinks a day; Women one drink a day).
- Eat a high-fiber, low-fat, low-sodium diet. Limit red meat.
- Drink six 8-ounce glasses of water daily.
- Get 30 to 60 minutes of physical activity most days of the week.
- Ask your doctor what your ideal body mass index (BMI) is and then work to attain or maintain it.
- Keep your blood pressure in check. The ideal is 120/80.
- Get seven to eight hours of sleep every night.
- Wear at least 15 SPF sunblock when outside. Have your doctor check any changes in moles.
- Manage stress. Find a hobby you enjoy. Make time for your family and friends. Set realistic goals at home and work. Learn to say “No.” Give yourself enough time to get things done.
- Always wear your seatbelt when driving or riding in a car. Wear a helmet when riding an ATV or bicycle.
- Change the battery in your smoke and CO2 detector every six months. Check it monthly.

Adult Preventive Screening Guidelines
(Age 19+)
This schedule is a suggested timeline for routine screenings. Talk with your healthcare provider for specific personal guidance. More frequent screenings may be recommended based on your personal health history.

For Women

Chlamydia Screening
Age 24 and younger, and for older women at increased risk; Repeat screening for pregnant women in third trimester with elevated risk

HIV Screening
All pregnant women
Routine Mammogram
Age 40 and over: annually
Pap Smear (Cervical Cancer Screening)
Age 21–29: every three years
Age 30–65: every three to five years
Pap Smear & Human Pappillomavirus (HPV)
Age 30–65: every three to five years.

Osteoporosis Screening
60+ or younger with risk factors

For Men

Abdominal Aortic Aneurysm Screening
Age 65–75 smokers
DRE - Digital Rectal Exam
Annually for age 50 and older

General Adult Screening Guidelines

Check-up
Annually age 19+
- Alcohol screening & counseling
- Obesity screening & counseling
- Tobacco screening & counseling
- Depression screening & counseling including pregnant and postpartum women
- Substance/recreational drug screening & counseling

Cholesterol Screening
Age 19 and over: at least every five years

HIV Screening
Age 15–65

Hepatitis C
Adults born between 1945-1965

Glucose Screening
Age 45 and over: every three years

Lung Cancer Screening
Age 55–77 with annual low-dose CT scan per physician advisement

Skin Cancer Screening Counseling
Age 6 months to 24 years with fair skin types

Colorectal Cancer Screening
Age 50–75
- Colonoscopy
  Age 50 and over; every 10 years
- Colonography
  Age 50+: every five years

- sigmoidoscopy
Every five years beginning at age 50

- Digital Rectal Exam and three specimens for fecal occult
  Annually for age 50 and older

Adult Immunization Guidelines

Chicken Pox Immunization
Healthy adults who have not had chicken pox

HPV Immunization
Ages 19–26, if not already vaccinated; series of two to three shots, depending on age at initiation

Influenza Immunization
Annually

Tetanus-Diphtheria-Pertussis (Td/Tdap) Immunization
Administer to adults who previously did not receive a dose as an adult or child, followed by a booster every 10 years

Hepatitis A Immunization
Administer to adults who have specific risk or lack of risk factor but who desire protection

Hepatitis B Immunization
Administer to adults who have specific risk or lack of risk factor but who desire protection

MMR - Measles, Mumps, and Rubella Immunization
1 or 2 doses, with no evidence of immunity

Pneumonia Immunization
Per physician advisement

Meningococcal Immunization
Per physician advisement

Herpes Zoster Immunization
Per physician advisement

Preventive Medications Therapy

Low-Dose Aspirin
Age 50–59 for prevention of cardiovascular disease and colorectal cancer with risk factors per physician advisement

Statin Therapy
Adults with history of cardiovascular disease per physician advisement