



# THIS IS THE WELLNESS CHECKLIST FOR YOUR KIDS.



Use it to stay up to date and in the know about their health.

Age	Height/length	Weight	Body mass index (BMI)	Date of visit	Notes/questions, doctor's recommendations
Birth					
1 month					
2 months					
4 months					
6 months					
9 months					
12 months					
15 months					
18 months					
24 months					
30 months					
3 years					
4 years					
5 years					
6 years					
7 years					
8 years					
9 years					
10 years					
11 & 12 years					
13 & 14 years					
15 & 16 years					
17 & 18 years					

Recommended screenings	Birth to 2 years	Ages 3–10	Ages 11–18
Size measurements	Weight, length & head circumference at each visit; BMI – 24 & 30 months	Height, weight & BMI at each visit	
Vision screening		Ages 3, 4, 5, 6, 8 & 10, or as your doctor advises	Ages 12, 15 & 18, or as your doctor advises
Hearing screening	All newborns by 1 month	Ages 4, 5, 6, 8 & 10, or as your doctor advises	
Fluoride	Older than 6 months, evaluate for sufficient fluoride in drinking water		
Cholesterol	Screening children and adolescents (after age 2 but by age 10) at risk		
Hemoglobin or hematocrit	12 months		



## Children's wellness checklist

Recommended immunization schedule 2012	Birth	1 month	2 months	4 months	6 months	9 months	12 months	15 months	18 months	19–23 months	2–3 years	4–6 years
Hepatitis B	HepB	HepB			HepB							
Rotavirus			RV	RV	RV							
Diphtheria, tetanus, pertussis			DTaP	DTaP	DTaP			DTaP				DTaP
<i>Haemophilus influenzae</i> type b			Hib	Hib	Hib		Hib					
Pneumococcal			PCV	PCV	PCV		PCV				PPSV	
Inactivated poliovirus			IPV	IPV	IPV							IPV
Influenza					Influenza (yearly)							
Measles, mumps, rubella							MMR					MMR
Varicella							Varicella					Varicella
Hepatitis A							HepA			HepA series		
Meningococcal						MCV4						

Recommended immunization schedule 2012	7–10 years	11–12 years	13–18 years
Tetanus, diphtheria, pertussis	Tdap	Tdap	Tdap
Human papillomavirus		HPV (3 doses)	HPV series
Meningococcal	MCV4	MCV4	MCV4 booster at 16 yrs
Pneumococcal	Pneumococcal		
Influenza	Influenza (yearly)		
Hepatitis A	HepA series		
Hepatitis B	HepB series		
Inactivated poliovirus	IPV series		
Measles, mumps, rubella	MMR series		
Varicella	Varicella series		

 Range of recommended ages
  Range of recommended ages and certain high risk groups
  Catch-up immunizations
  Certain high-risk groups

If your child misses a scheduled vaccination, you don't need to start over. Just bring your child back in to your pediatrician's office for the shot. The doctor will keep your child up-to-date on all vaccinations. Questions? Talk to your doctor.

For recommendations on ways to keep your family healthy, including healthy eating suggestions and exercise tips, visit the websites below:  
<http://www.cdc.gov/HealthyLiving/> • <http://children.webmd.com/> • <http://www.choosemyplate.gov/>

### Coverage exclusions:

This document does not guarantee coverage for all services and all plans have exclusions and limitations. For a complete list of both covered and not-covered services, including benefits required by your state, see the Evidence of Coverage, Insurance Certificate or Summary Plan Description.

These preventive health recommendations are based on recommendations from the Advisory Committee on Immunization Practices, U.S. Preventive Services Task Force, American Academy of Pediatrics, and other nationally recognized authorities. For additional information on immunizations, visit the immunization schedule section of [cdc.gov](http://cdc.gov). This document is a general guide. Always discuss your child's particular care needs with your doctor. The immunization schedule is reprinted with permission from the Centers for Disease Control and Prevention.

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