



Good health is a gift anyone would wish for a child, but it doesn't happen without your help.

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



Introduce good nutrition at an early age and be a good role model



Encourage lots of play and physical activity



Keep up with recommended vaccines

In-Network Provider

HealthSelect of Texas[®] medical plans, including Consumer Directed HealthSelectSM, cover most preventive screenings and services with no out-of-pocket costs when you visit an in-network provider.

CHILDREN'S WELLNESS GUIDELINES

LAYING THE GROUNDWORK FOR A HEALTHY TOMORROW

Children's Health

Yearly well child visits can help you put your child on a path to a healthy life. During the visit, the health care provider will track your child's growth and progress and should talk with you about healthy eating and sleeping habits, safety and behavior.

According to the Bright Futures recommendations from the American Academy of Pediatrics, the provider should:

- Check your child's body mass index percentile regularly beginning at age 2
- Check blood pressure yearly beginning at age 3
- Screen hearing at birth, then yearly from ages 4 to 6, then at ages 8 and 10
- Test vision yearly from ages 3 to 6, then at ages 8, 10, 12 and 15

Vaccinations can also help protect your child from sickness. The Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics recommend the vaccinations shown in the charts. If your child has missed vaccinations, ask your health care provider about how to catch up.

Have questions about your HealthSelectSM medical benefits?

Call a Blue Cross and Blue Shield of Texas Personal Health Assistant toll-free at **(800) 252-8039 (TTY: 711)**, Monday – Friday, 7 a.m. – 7 p.m. and Saturday, 7 a.m. – 3 p.m. CT.

healthselectoftexas.com

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

Please note: These recommendations are for healthy children who don't have any special health risks. Your child's provider can help guide you on the appropriate vaccinations for your child.

Routine Children's Immunization Schedule¹

VACCINE	BIRTH	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	11/2 - 3 YEARS	4 - 6 YEARS
RESPIRATORY SYNCYTIAL VIRUS (NIRSEVIMAB)*	●	Infants younger than 8 months and born shortly before or during RSV season: 1 dose within 1 week of birth Infants younger than 8 months not born during RSV season entering their first RSV season: 1 dose shortly before the start of RSV season								
HEPATITIS B (HEPB)	●	●				●				
ROTAVIRUS (RV) RV' (2 DOSE SERIES); RV 5 (3 DOSE SERIES)		●	●	●	3-dose series					
DIPHTHERIA TETANUS AND PERTUSSIS (DTAP)		●	●	●			●			●
HAEMOPHILUS INFLUENZAE TYPE B (HIB)		●	●	●		●				
PNEUMOCOCCAL CONJUGATE (PCV)		●	●	●		●				
INACTIVATED POLIO VACCINE (IPV)		●	●			●				●
INFLUENZA (FLU)					●	Recommended yearly starting at age 6 months with 2-doses given the first year				
MEASLES, MUMPS AND RUBELLA (MMR)						●				●
VARICELLA (CHICKEN POX)						●				●
HEPATITIS A (HEPA)						●	First dose: 12 to 23 months Second dose: 6 to 18 months later			

● One dose ■ Shaded areas indicate the vaccine can be given during shown age range.

*For detailed information, see: <https://www.cdc.gov/mmwr/volumes/72/wr/mm7234a4.htm>

Adolescents

As your children grow into adolescents, they should continue yearly preventive care visits for exams and scheduled immunizations. These visits give the health care provider a chance to:

- Discuss the importance of good eating habits and regular physical activity.
- Talk about avoiding alcohol, smoking and drugs.
- Screen for sexual activity and sexually transmitted diseases as appropriate.
- Screen for HIV between the ages of 15 and 18, or earlier if at increased risk.

Recommended Immunizations for ages 7 to 18¹

VACCINE	7 - 10 YEARS	11 - 12 YEARS	13 - 15 YEARS	16 YEARS	17 - 18 YEARS
TETANUS DIPHTHERIA PERTUSSIS (TDAP)		●			
HUMAN PAPILLOMAVIRUS (HPV) - BOYS AND GIRLS		● 2 doses			
MENINGOCOCCAL (MENACWY)		●		●	
INFLUENZA (FLU)	Yearly				

¹ These recommendations 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 recommendations are not intended as medical advice nor meant to be a substitute for the individual medical judgment of a health care provider. Please check with your health care provider for individual advice on the recommendations provided.