

# GOOD HEALTH STARTS EARLY

## Well-Child Quick Reference Guide

[feblue.org](http://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 – 2 ½ 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
- 2 ½ 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 for kids and teens.

Get started at [fepblue.org/healthyfamilies](https://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.
Respiratory syncytial virus (RSV)	1 dose*															
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		3rd or 4th dose										
Pneumonia, meningitis (pneumococcal)			1st dose	2nd dose	3rd dose	4th dose										
Polio			1st dose	2nd dose	3rd dose							4th dose				
COVID-19					1 or more doses of updated (2023–2024 Formula) vaccine											
Flu (influenza)					Annual vaccination 1 or 2 doses									Annual vaccination 1 dose only		
Measles, Mumps, Rubella							1st dose					2nd dose				
Chickenpox (Varicella)							1st dose					2nd dose				
Hepatitis A						2 doses (6 months apart)										
HPV														2 doses		
Meningococcal meningitis														1st dose		2nd dose

\*Depending on mom's RSV vaccination status. Additional doses may be needed if high risk.

For more information, call toll free **1-800-CDC-INFO** (1-800-232-4636) or visit [cdc.gov/vaccines/parents](https://cdc.gov/vaccines/parents).



Start scheduling well-child visits today. Find a pediatrician near you at [fepblue.org/provider](https://fepblue.org/provider).

*This information is not meant to substitute the advice of your doctor or any other healthcare 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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