## **GOOD HEALTH** STARTS EARLY

## Well-Child Quick Reference Guide



fepblue.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

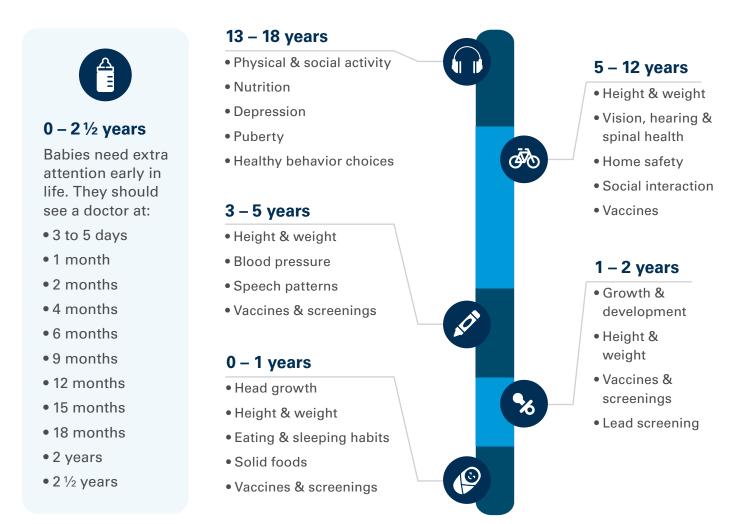


**Ask questions** about behavior. sleep, nutrition, safety & more



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:



## **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.



## **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	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			r 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 o											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	

 $<sup>\</sup>hbox{$^*$Depending on mom's RSV vaccination status. Additional doses may be needed if high risk.}$ 

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



Start scheduling well-child visits today. Find a pediatrician near you at 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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