

GOOD HEALTH STARTS EARLY

Well-Child Quick Reference Guide

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

Regular checkups—especially frequent visits during your child's early years—help you and your child's doctor make sure your little one is growing and developing on track. Below is the recommended schedule from the American Academy of Pediatrics (AAP) along with key topics your child's doctor will cover at each stage:



0–2 ½ years

Babies need extra attention early in life. They should see a doctor at:

- 3–5 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

Healthy Families provides resources and guidance for your kids and teens, focusing on areas such as nutrition, physical activity, emotional well-being and the dangers of tobacco. Explore content, recipes and other tools designed to help your family live a healthy life.

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											
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 2024–2025 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-children.



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 Employees Health Benefits Program brochures (FEP Blue Standard® and FEP Blue Basic®: RI 71-005; FEP Blue Focus®: RI 71-017) and the Postal Service Health Benefits Program brochures (FEP Blue Standard and FEP Blue Basic: RI 71-020; FEP Blue Focus: RI 71-025). All benefits are subject to the definitions, limitations and exclusions set forth in the brochures.

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