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 – 2½ 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
- 2½ years

**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

**1 – 2 years**

- Growth & development
- Height & weight
- Vaccines & screenings
- Lead screening

**5 – 12 years**

- Height & weight
- Vision, hearing & spinal health
- Home safety
- Social interaction
- Vaccines

**13 – 18 years**

- Physical & social activity
- Nutrition
- Depression
- Puberty
- Healthy behavior choices
Healthy Families Program

The Healthy Families Program offers games, activities and tools for everything from weight management to healthy lifestyle habits. Predict your child’s future weight from what they weigh now. Make sure your child gets the proper morning nutrition. And refer to our Healthy Teens Program for information about teen behavior. Get started at [fepblue.org/healthyfamilies](http://fepblue.org/healthyfamilies).

Recommended Vaccine Schedule

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>1st dose</th>
<th>2nd dose</th>
<th>3rd dose</th>
<th>4th dose</th>
<th>5th dose</th>
<th>Tdap</th>
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<tbody>
<tr>
<td>Hepatitis B</td>
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<td>Rotavirus</td>
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<td>DTaP/Tdap</td>
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<tr>
<td>Haemophilus influenzae type B</td>
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<tr>
<td>Pneumonia, meningitis (pneumococcal)</td>
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<tr>
<td>Polio</td>
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<td>COVID-19</td>
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<td>Flu (influenza)</td>
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<tr>
<td>Measles, mumps, rubella</td>
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<tr>
<td>Chickenpox (varicella)</td>
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<tr>
<td>Hepatitis A</td>
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<td>HPV</td>
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<td>Meningococcal meningitis</td>
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<td>Pneumococcal polysaccharide</td>
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<td>Meningococcal B</td>
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<tr>
<td>Dengue</td>
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For more information, call toll free 1-800-CDC-INFO (1-800-232-4636) or visit [cdc.gov/vaccines/parents](http://cdc.gov/vaccines/parents).

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

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This information is not meant to substitute the advice of your doctor or any other health care 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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