

Children's Wellness Guidelines

Children's health

Put your children on the path to wellness by scheduling regular office visits with a doctor. In addition to discussing your child's growth and progress, the doctor should:

- Check your child's body mass index percentile regularly beginning at age 2.
- Conduct a yearly wellness exam beginning at age 3.
- Check blood pressure yearly from age 3 to age 18.
- Test vision yearly from ages 3 to 6, then at ages 8, 10, 12 and 15.
- Test hearing yearly from ages 4 to 6, then at ages 8 and 10.

Routine Children's Immunization Schedule*										
Vaccine	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	1.5-3 years	4-6 years
Hepatitis B (HepB)	●	●						●		
Rotavirus (RV)			●	●	●**					
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 two doses given the first year.				
Measles, Mumps and Rubella (MMR)							●			●
Varicella (Chicken pox)							●			●
Hepatitis A (HepA)						● First dose: 12-23 months. ● Second dose: 6-18 months later.				

● One dose □ Range of recommended dates

** Number of doses needed varies depending on vaccine used. Ask your doctor.

† The fourth dose of DTaP may be given as early as 12 months, as long as at least six months have passed since the third dose.

Sources: U.S. Department of Health and Human Services, the Centers for Disease Control and Prevention, U.S. Preventive Services Task Force

Tweens and teenagers

As your child grows into a teen, he or she should continue yearly doctor visits for exams and scheduled immunizations. These visits give the doctor a chance to talk about:

- The importance of good eating habits and regular physical activity.
- Avoiding alcohol, smoking and drugs.
- Impact of sexual activity and sexually transmitted disease.

Recommended Immunizations for ages 7 to 18*					
Vaccine	7-10 years	11-12 years	13-15 years	16 years	17-18 years
Tetanus, Diphtheria, Pertussis (Tdap)		●			
Human Papillomavirus (HPV) – females and males		●**			
Meningococcal (MCV)		●		●	
Influenza (Flu)	Yearly				

● One dose □ Range of recommended dates

** The CDC recommendation for HPV vaccination for children is three doses at 11-12 years old.



Kansas City

Blue Cross and Blue Shield of Kansas City is an independent licensee of the Blue Cross and Blue Shield Association.

* These recommendations come from the Centers for Disease Control and Prevention and the American Academy of Pediatrics. The recommendations are not intended as medical advice nor meant to be a substitute for the individual medical judgment of a doctor or other health care professional. Please check with your doctor for individual advice on the recommendations provided.