



Wellness Guidelines for Children

(Birth to 17)



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These recommendations are not a statement of benefits or benefits coverage.

Some of these services may require cost-sharing. Benefit coverage is decided by your group administrator. Please refer to your health benefits contract for complete details of terms, limitations, and exclusions of your health care coverage.

For coverage information and questions, please contact Customer Service at [1-866-681-7373](tel:1-866-681-7373) or call the number on the back of your insurance card.

Well checkups

Take your child for periodic well checkups and physical exams to review his/her current health and discuss any health related questions or concerns. Your child's primary care provider (PCP) will talk to you about when and how often your child needs to be seen.

Immunizations

Keep your child up to date with all required immunizations/ vaccinations. More information is available at <http://www.cdc.gov/vaccines/schedules/index.html>.

Cholesterol screening (blood test)

Children should have one test between the ages of 9 to 11, and one screening between the ages of 17 to 21.

Depression screening

The United States Preventive Services Task Force (USPSTF) recommends screening for all children ages 12 and older for signs or symptoms of depression. This may be done as part of the well checkup.

Other screenings

Your child's PCP will discuss with you if additional tests such as hemoglobin (the amount of iron), lead, diabetes, HIV, sexually transmitted diseases, or tuberculosis are needed.

For pregnant members:

Please call [1-800-598-BABY \(1-800-598-2229\)](tel:1-800-598-BABY) to enroll in our Baby BluePrints program and to find out how to get more information on screenings specific to pregnancy. As soon as you think you are pregnant, schedule your first prenatal appointment. An initial exam should be done within the first three months of pregnancy with follow-up examinations as recommended by your health care provider.

*This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions apply.

Tips to stay healthy and safe

- Encourage children to eat a healthy diet and set a goal to maintain a healthy weight.
- Follow good oral hygiene, including tooth brushing with fluoride toothpaste, flossing daily, and regular dentist visits.
- Encourage children to exercise regularly as recommended by your health care provider.
- Don't use drugs, tobacco, or alcohol.
- Encourage children to use sensible sun protection/safety practices. Keep sunscreen available during the summer and for all outdoor activities.
- Check your home for risk of falls and other injuries, especially if there are young or disabled children in the home.
- Properly install, test, and maintain smoke and carbon monoxide detectors.
- Use safety gear (helmets and pads) and follow safety rules for bike riding and other recreational activities.
- Keep the number for Poison Control handy ([1-800-222-1222](tel:1-800-222-1222)).

Resources:

American Academy of Pediatrics (Brightfutures): <https://brightfutures.aap.org>

Centers for Disease Prevention and Control: <http://www.cdc.gov/>

United States Preventive Services Task Force:

<http://www.uspreventiveservicestaskforce.org/Page/Name/recommendations>



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