



GOOD HEALTH BEGINS AT AN EARLY AGE

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

Here's a schedule of well-child visits recommended by the American Academy of Pediatrics (AAP), along with key topics your child's doctor will address:



0 – 2 ½ YEARS

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

- 2 to 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



5 – 12 YEARS

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



3 – 5 YEARS

- Height & weight
- Blood pressure
- Speech patterns
- Vaccines & screenings



1 – 2 YEARS

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



0 – 1 YEARS

- Head growth
- Height & weight
- Eating & sleeping habits
- Solid foods
- Vaccines & screenings



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.

A Healthy Start to Life

Healthy lifestyle habits begin at an early age. Teach your child how to eat right and exercise. And be sure to follow the recommended guidelines for vaccines.

Vaccine Schedule

Use this chart to make sure your child receives the recommended vaccines from birth through 18 years old.



| | 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. |
|--------------------------------------|----------|----------|----------|----------|---------------------|--------|----------|----------|---------|---------|----------|----------|-----------|------------|------------|------------|
| 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 dose | | 4th dose | | | | | | | | | |
| Pneumonia, meningitis (pneumococcal) | | | 1st dose | 2nd dose | 3rd dose | | 4th dose | | | | | | | | | |
| Polio | | | 1st dose | 2nd dose | 3rd dose | | | | | | | 4th dose | | | | |
| Flu (influenza) | | | | | Annual Vaccinations | | | | | | | | | | | |
| Measles, Mumps, Rubella | | | | | | | 1st dose | | | | | 2nd dose | | | | |
| Chickenpox (Varicella) | | | | | | | 1st dose | | | | | 2nd dose | | | | |
| Hepatitis A | | | | | | | 2 doses | | | | | | | | | |
| HPV | | | | | | | | | | | | | | 2 doses | | |
| Meningococcal meningitis | | | | | | | | | | | | | | 1st dose | | |

For more information, call toll free **1-800-CDC-INFO** (1-800-232-4636) or visit www.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 (Standard Option and Basic Option: 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.

The Blue Cross and Blue Shield Service Benefit Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Para obtener asistencia en español, llame al servicio de atención al cliente al número que aparece en su tarjeta de identificación.

請撥打您ID卡上的客服號碼以尋求中文協助。