

Preventive Care Guidelines Summary

For Healthy Children



BlueCross BlueShield
of New Mexico

Blue Cross
Community CentennialSM

The gray shaded areas show the age that the child should get the service.

AGE	MONTHS											YEARS																			
	B	1	2	4	6	9	12	15	18	24	30	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17-21					
WELL-CHILD CHECKUPS & SCREENING	Newborn Screening	•																													
	History and Physical Exam	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•					
	Length/Height and Weight	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•					
	Head Circumference	•	•	•	•	•	•	•	•	•																					
	Developmental Screening	•					•			•		•																			
	Autism Screening									•	•																				
	Vision Screening												•	•	•	•		•		•					•	•					
	Hearing Screening	•												•	•	•		•		•											
	Body Mass Index (BMI)											•	•	•	•	•	•	•	•	•	•	•	•	•	•	•					
	Blood Pressure												•	•	•	•	•	•	•	•	•	•	•	•	•	•					
	Anemia Test										•																				
	Lead Screening										•																				
	Tuberculosis (TB)	Ask child's provider if TB testing is appropriate for the child.																													
	Chlamydia Test (Females)																														
Oral Health											•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•					
VACCINES: CDC.GOV/VACCINES	Hepatitis B	•		•		•		Catch-up options are available. See note below.																							
	Rotavirus			•	•	•																									
	Polio (IPV)			•	•	•								•																	
	Haemophilus Influenzae B (Hib)			•	•	•					•																				
	Diphtheria, Tetanus, Pertussis (DTaP)			•	•	•					•																				
	Pneumococcus			•	•	•					•	Some children need the new PCV13 vaccine—ask child's provider.																			
	Measles, Mumps, Rubella (MMR)										•																				
	Varicella (Chicken Pox)										•																				
	Hepatitis A										•																				
	Meningococcus																														
	Human Papillomavirus																														
	Influenza																														
HEALTH ADVICE	Tobacco Use	Protect children from secondhand smoke. Discuss with child's provider how to help prevent tobacco use.																													
	Folic Acid (Vitamin B9)																														
	Anticipatory Guidance	Discuss proper sleep positioning with provider.											When appropriate, discuss with child's provider how to prevent alcohol and drug use, unsafe sex, firearm injury, household accidents, and unprotected exposure to sunlight.																		

NOTE: We support the New Mexico "Done by One" Childhood Immunization Schedule. The vaccine table above applies to healthy children. Some children with other medical problems or risk factors have additional vaccine requirements. Discuss those with your child's provider. "Catch-up" immunizations are often available if a vaccine dose is missed. Learn more at immunizenm.org, or ask your child's provider.

Blue Cross and Blue Shield of New Mexico (BCBSNM) has adapted these guidelines from the recommendations of the U.S. Preventive Services Task Force, Centers for Disease Control and Prevention, American College of Physicians, American Academy of Family Physicians, American Academy of Pediatrics, and/or the New Mexico Department of Health. Some actions may be recommended, but may not be covered as a benefit in your specific health plan. If you want to learn if a service is covered, call the Member Services number on your ID card.

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Díí baa akó nínizin: Díí saad bee yánít'i'go Diné Bizaad, saad bee áká'anída'áwo'déé', t'áá jik'eh, éi ná hóló, kojí' hódílnih 1-855-710-6984 (TTY: 711).