

# Preventive Care Guidelines Summary

For Healthy Children

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							•			•	Ask child's provider if additional testing is needed.																
	Tuberculosis (TB)	Ask child's provider if TB testing is appropriate for the child.																										
	Chlamydia Test (Females)																											Sexually active females should be tested for chlamydia infection.
	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)			•	•	•		•					•								•	Tdap booster at age 11. See note below.						
	Pneumococcus			•	•	•		•	Some children need the new PCV13 vaccine—ask child's provider.																			
	Measles, Mumps, Rubella (MMR)						•						•									See note below for catch-up.						
	Varicella (Chicken Pox)						•						•									See note below for catch-up.						
	Hepatitis A						•		•																			
	Meningococcus																				•					•		
Human Papillomavirus																				•	•	3 doses						
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)																										Discuss with provider need for folic acid by females of childbearing age.	
	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.											Ask provider for advice on nutrition, physical activity, seat belt or car seat use, and family planning when child is older.									

**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 [nmhealth.org](http://nmhealth.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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