



Start Your Child on the Path to a Healthy Future

It's important for your child to regularly visit their primary care doctor for preventive health services including checkups, vaccines, and screenings. Many of these services are available at no additional cost to CDPHP members when provided by an in-network doctor. Talk with your child's doctor about what they need to stay healthy. For more information about the right preventive health care for your children, visit www.cdphp.com/preventive-care.

Guidelines for Infants and Toddlers (0-2 Years)

	3-5 days	2 wks*	2 mo	4 mo	6 mo	9 mo	12 mo	15 mo	18 mo	24 mo
Health Visits										
Physical Exam	Your baby needs regular checkups to track his or her growth and development. At each visit, your baby's doctor will check weight, height, head circumference, and assess baby's development.									
Dental Exam	Children need to visit a dentist every six months for a cleaning and exam starting at age 1.									
*Your baby's doctor may recommend additional visits										
Screenings and Supplements										
Newborn Screenings	Newborns get a heel prick 1-2 days after birth to provide a small blood sample for tests. See below for more information.									
Hearing	Newborns need to get checked.									
Lead	Babies and toddlers need to get tested at 12 months and 24 months.									
Iron	Babies and toddlers need to get hemoglobin or hematocrit tested once by 12 months.									
Fluoride	Starting at 6 months, your baby may need fluoride supplements if community water supply is low in fluoride. Your child's doctor will advise accordingly and may recommend topical fluoride treatments.									
Maternal Depression	New moms should be screened at the 1-month, 2-month, and 4-month well-child visits.									

BABY'S FIRST TEST

At birth, your baby will get an important newborn screening. A small blood sample will be taken to identify babies with certain disorders. Some rare conditions can affect a child very early in life – even within the first few days. Early testing is important for catching problems in the baby's first days of life. Your baby's doctor will be informed of the results and will contact you if needed. Ask about the results when you bring your baby to his or her first checkup.

VACCINES FOR INFANTS AND TODDLERS (0-2 YEARS)*

	At Birth	By 2 mo	By 4 mo	By 6 mo	By 12 mo	By 15 mo	By 18 mo	By 24 mo
Hepatitis B	1st dose	2nd dose		3rd dose				
DTaP		1st dose	2nd dose	3rd dose		4th dose		
Hib		1st dose	2nd dose	3rd dose	4th dose			
PCV		1st dose	2nd dose	3rd dose	4th dose			
Polio		1st dose	2nd dose	3rd dose				
RV		2-3 dose depending on vaccine used						
Influenza				First vaccination is 2 dose, then 1 dose annually				
Chickenpox					1st dose			
Hepatitis A					2 dose series at least 6 months apart			
COVID-19				2-3 doses depending on vaccine used, then 1-2 doses annually				
MMR					1st dose			

Respiratory Syntactical Virus Infection (RSV): An RSV antibody is available for babies and some young children to protect them from severe RSV.

* Shaded boxes indicate the vaccine can be given during the specified age range. For more information about recommended vaccines, visit www.cdphp.com/preventive-care.

VACCINES

VACCINES AND THE DISEASES THEY PREVENT

Chickenpox:	Varicella zoster vaccine protects against chickenpox.
COVID-19:	Protects against Coronavirus disease 2019 (COVID-19) infection.
DTaP:	Protects against Diphtheria, Tetanus (lockjaw), and Pertussis (whooping cough).
Hepatitis B:	Protects against hepatitis B, a serious liver disease.
Hib:	Haemophilus influenzae type b vaccine protects against pneumonia and other serious blood stream infections.
Lead Screening:	Detects elevated blood lead levels.
MMR:	Protects against Measles, Mumps, and Rubella (German measles).
Polio:	Inactivated (injected) vaccine (IPV) protects against polio.
RSV:	Monoclonal antibody products that help protect infants and young children from lower respiratory tract infection caused by Respiratory Syntactical Virus.

Talk With Your Baby's Doctor About:

- ☐ Safe sleep and injury prevention
- ☐ Concerns about feeling sad or anxious
- ☐ Feeding, including breastfeeding
- ☐ Getting help with quitting smoking

Guidelines for Early Childhood (2 ½-6 Years)

	2 ½ Years	3 Years	4 Years	5 Years	6 Years
Health Visits					
Well-Child	At each physical exam, your child’s doctor will check weight, height, and body mass index (BMI). Starting at age 3, your child also needs to get vision and blood pressure checked. Your child’s cognitive, social, and emotional development will also be assessed during these visits				
Dental Exam	Children need to visit a dentist every six months for a cleaning and exam.*				
Screenings and Supplements					
Lead	Children should get tested if at risk.				
Vision	Starts at age 4. Children should receive a vision screening annually starting at age 4.				
Hearing	Children should receive a hearing screening annually starting at age 4.				
Fluoride	Your child may need fluoride supplements if community water supply is low in fluoride. Your child’s doctor will advise accordingly.				

* Check your dental benefits to find out which services are covered

VACCINES FOR EARLY CHILDHOOD (2 ½-6 YEARS)

	By 2 ½ Years	By 3 Years	By 4 Years	By 5 Years	By 6 Years
DTaP				5th dose	
Polio				4th dose	
MMR				2nd dose prior to school entry	
Chickenpox				2nd dose unless booster was given 4 weeks after the 1st dose	
Influenza	Annually				
COVID-19	1-2 doses annually depending on vaccine used				


Talk With Your Child's Doctor About:

- ☐ Healthy eating and sleep habits
- ☐ Safety and injury prevention
- ☐ Concerns about behavioral or brain development



Guidelines for Middle Childhood (6-12 Years)

	6 Years	7 Years	8 Years	9 Years	10 Years	11 Years	12 Years
Health Visits							
Physical Exam	Your child’s doctor will check weight, height, body mass index (BMI), vision, hearing, and blood pressure.						
Dental Exam	Children need to visit a dentist every six months for a cleaning and exam.						
Screenings and Supplements							
Cholesterol	Children need to be tested once between ages 9-11.						
Iron	Children need to get hemoglobin or hematocrit checked once by 12 years old. Females need to be checked annually after they begin menstruating.						
Lead	Children should get tested if at risk.						
TB							
Urine	Males and females should get a urinalysis annually if sexually active.						
Fluoride	Your child may need fluoride supplements if community water supply is low in fluoride. Your child’s doctor will advise accordingly.						



Talk With Your Child's Doctor About:

- ☐ Healthy habits and relationships
- ☐ Emotional and physical changes
- ☐ Concerns about problems at school or bullying



VACCINES

VACCINES AND THE DISEASES THEY PREVENT

COVID-19:	Protects against Coronavirus disease 2019 (COVID-19) infection
Hepatitis A:	Protects against hepatitis A, which can cause a serious liver disease.
HPV	Prevents many types of cancer caused by HPV including cervical, vaginal, vulvar, and anal.
Influenza:	Protects against the flu, a disease that can cause serious respiratory problems.
Meningococcal:	Protects against the four most common types of bacterial meningococcal disease.
PCV:	Pneumococcal conjugate vaccine protects against serious pneumococcal infections.
RV:	Protects against Rotavirus, a serious diarrheal disease
Tdap:	Protects against tetanus (lockjaw), diphtheria, and pertussis (whooping cough).

VACCINES FOR PRE-TEENS (9-12 YEARS)

	By 9 Years	By 10 Years	By 11 Years	By 12 Years
Tdap			All 11-12 year olds should get one dose	
Meningococcal Disease			All 11-12 years olds should get one dose	
Human Papilloma Virus (HPV)	All 9-12 year olds should get a 2-dose series at least 5 months apart			
Influenza	Annually			
COVID-19	1-2 doses annually depending on vaccine used			

Does Your Child Worry About Going To The Doctor?

Before your visits, talk to your child about the purpose of the visit and what to expect. You can also involve your child in gathering information or preparing questions for the visit. Your child will learn from your example to take an active role in their medical care as they grow.



Please log in to www.cdphp.com to review your detailed medical benefits. No additional cost applies when services are obtained from an in-network doctor. If you have received preventive services that should have been covered in full but were not, please contact member services at the phone number on the front of your ID card for further assistance.

If you would like more information about these tests and screenings, please consult with your doctor. If you need to locate a new doctor, please visit findadoc.cdphp.com.



- » *Screening tests and immunization recommendations vary according to age, gender, medical, and family history.*
- » *Our guidelines are based on nationally validated recommendations including those from the U.S. Preventive Services Task Force and the Advisory Committee on Immunization Practices.*

Discrimination is Against the Law

Capital District Physicians' Health Plan, Inc. (CDPHP®) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Multi-language Interpreter Services

ATENCIÓN: Si habla otro idioma que no es el inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación de miembro (TTY: 711).

注意：如果您使用的語言不是英語，您可以免費獲得語言援助服務。請致電您會員ID卡上的電話（聽力障礙電傳：711）。