



2011-2012 Children's Wellness Guidelines

Laying the Groundwork for a Healthy Tomorrow

Good health is a gift anyone would wish for a child, but it doesn't happen without your effort and involvement.

Some things you can do to help keep your child well:

- **Introduce good nutrition at an early age, and be a positive role model**
- **Encourage lots of play and physical activity**
- **Keep up with recommended vaccinations**

Blue Cross and Blue Shield of Oklahoma (BCBSOK) also wants your child to be well, and suggests steps you can take to help lay the groundwork for a healthy tomorrow.

Please note: these recommendations are for healthy children who don't have any health risks. Take the time to check the following summaries of key preventive services.

Children's Health

Having a baby is a very joyful time in your life. Put your baby on the path to wellness right away by scheduling regular office visits with a doctor. The doctor will watch your baby's growth and progress, and should talk with you about eating and sleeping habits, safety and behavior issues.

According to the Bright Futures recommendations from the American Academy of Pediatrics, the doctor should:

- Check your child's Body Mass Index percentile regularly beginning at age 2
- Check blood pressure yearly from age 3 to age 17
- Test vision yearly from ages 3 to 6, then at ages 8, 10, 12 and 15
- Test hearing yearly from ages 4 to 6, then at ages 8 and 10

Make sure your child gets the recommended immunizations shown in the charts. Not only do they protect children from sickness, they also lay the basis for a healthy tomorrow. And it's never too late to catch up on a missed vaccination. Ask your doctor how to catch up.

Be sure your child is up-to-date on immunizations and health screenings

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Routine Children's Immunization Schedule*

Vaccine	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	4-6 years
Hepatitis B (HBV)	✓	✓					✓			
Rotavirus (RV)			✓	✓	✓**					
Diphtheria, Tetanus and Pertussis (DTaP)			✓	✓	✓			✓†		✓
Haemophilus Influenza Type B (Hib)			✓	✓	✓**		✓			
Pneumococcal Conjugate (PCV)			✓	✓	✓		✓			
Inactivated Polio Vaccine (IPV)			✓	✓			✓			✓
Influenza (Flu)					✓	Recommended yearly starting at age 6 months with 2 doses given the first year				
Measles, Mumps and Rubella (MMR)							✓			✓
Varicella (Chicken pox)							✓			✓
Hepatitis A (Hep A)						✓	2 doses at least 6 months apart		✓	

✓ One dose

** Number of doses needed varies depending on vaccine used. Ask your doctor.

† The 4th dose of DTaP may be given as early as 12 months, as long as at least 6 months have passed since the 3rd dose.

Range of recommended dates

Tweens and Teenagers

As your children grow into teens, they should continue yearly doctor visits for exams and scheduled immunizations. These visits give the doctor a chance to talk about:

- The importance of good eating habits and regular physical activity
- Avoiding alcohol, smoking and drugs
- Results of sexual activity and sexually transmitted diseases



Recommended Immunizations for ages 7 to 18*

Vaccine	7 - 10 years	11 - 12 years	13 - 18 years
Tetanus, Diphtheria, Pertussis (Tdap)		✓	
Human Papilloma Virus (HPV)- females		✓ 3 doses	
Meningococcal (MCV)		✓	
Influenza (Flu)		(Yearly)	

* These recommendations come from the Centers for Disease Control and Prevention and the American Academy of Pediatrics. The recommendations are not intended as medical advice nor meant to be a substitute for the individual medical judgment of a doctor or other health care professional. Please check with your doctor for individual advice on the recommendations provided.

For questions about your benefit coverage, call the Customer Service telephone number on the back of your BCBS ID card.