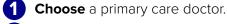
# **GROWING STRONG**

A guide to keeping kids on a healthy track



- Complete a wellness check-up within 90 days of enrollment.
- Ask your health plan about getting a ride to the doctor's office at no cost.
- **Remember** to re-certify for your benefits.





## Infancy (Birth to 1 year)

Check-ups needed at Newborn, 3-5 days, 2 weeks, and at 2, 4, 6, 9, and 12 months

#### **SCREENINGS**

Anemia

Dental

Growth Measurements

Hearing

Hepatitis C (risk based)

Lead

9 & 12

Maternal

Depression

Vision,

alignment,

and eye

diseases

# **Early Childhood**

(1 to 4 years)

Check-ups needed at 15, 18, 24, 30 months, and ages 3 & 4

#### **SCREENINGS**

**Autism** Spectrum Disorder

> Blood Pressure

(beginning at age 3)

Cholesterol (risk based)

Dental

Growth and BMI Hearing Hepatitis C (risk based)

> Lead (risk based)

**Nutrition** and Physical Activity Counseling

ТВ (risk based)

Vision and screening for Strabismus

(lazy eye)

Vaccine

## Middle Childhood

(5 to 10 years)

Check-ups needed once a year

#### **SCREENINGS**

Blood Pressure

Cholesterol

until age 8) Dental

Hearing

Hepatitis C (risk based)

Lead

Nutrition and Physical Activity

Counseling TB

(risk based) Vision

Tdap

(over age 7)

## Adolescence

(11 to 20 years)

Check-ups needed once a year

#### **SCREENINGS**

**Anemia** 

Blood Pressure

Cholesterol

Dental

Depression (start at age 12)

Growth and BMI

Hearing

Hepatitis C (risk based periodic testing)

HIV (risk based)

Nutrition and Physical Activity Counseling

Sexually Transmitted Infections

TB (risk based)

Tobacco. Alcohol or Drug Use

Vision

### **IMMUNIZATIONS**

Annual Flu Vaccine

HPV (at ages 11 and 12) Meningococcal Vaccine (at ages 11 or 12)

Tdap (at ages 11 or 12)

#### **IMMUNIZATIONS**

Annual Flu Vaccine IPV (starting at Pneumococcal DTaP Vaccine

Hep B

Vaccine Chicken Pox

Hep A/Hep B

**IMMUNIZATIONS** 

Annual Flu **IPV MMR** DTaP Pneumococcal

Annual Flu **HPV** Vaccine (starting at age 9) Chicken IPV Pox MMR DTaP

**IMMUNIZATIONS** 

CommunityHealthChoice.org

713.295.2294 | 1.888.760.2600

Rotavirus





