

GROWING STRONG

A guide to keeping kids on a healthy track

- 1 Choose** a primary care doctor.
- 2 Complete** a wellness check-up **within 90 days** of enrollment.
- 3 Ask** your health plan about getting a ride to the doctor's office at **no cost**.
- 4 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	Lead (between 9 & 12 months)
Dental	Maternal Depression
Growth Measurements	Vision, alignment, and eye diseases
Hearing	
Hepatitis C (risk based)	

IMMUNIZATIONS

Annual Flu Vaccine (starting at 6 months)	Hib
DTaP	IPV
Hep B	Pneumococcal Vaccine
	Rotavirus

Early Childhood (1 to 4 years)

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

SCREENINGS

Autism Spectrum Disorder	Hepatitis C (risk based)
Blood Pressure (beginning at age 3)	Lead (risk based)
Cholesterol (risk based)	Nutrition and Physical Activity Counseling
Dental	TB (risk based)
Growth and BMI	Vision and screening for Strabismus (lazy eye)
Hearing	

IMMUNIZATIONS

Annual Flu Vaccine	Hib
Chicken Pox	IPV
DTaP	MMR
Hep A/Hep B	Pneumococcal Vaccine

Middle Childhood (5 to 10 years)

Check-ups needed once a year

SCREENINGS

Blood Pressure	Lead (before entering kindergarten)
Cholesterol (risk based until age 8)	Nutrition and Physical Activity Counseling
Dental	TB (risk based)
Hearing	Vision
Hepatitis C (risk based)	

IMMUNIZATIONS

Annual Flu Vaccine	HPV (starting at age 9)
Chicken Pox	IPV
DTaP (Catch up)	MMR
	Tdap (over age 7)

Adolescence (11 to 20 years)

Check-ups needed once a year

SCREENINGS

Anemia	HIV (risk based)
Blood Pressure	Nutrition and Physical Activity Counseling
Cholesterol	Sexually Transmitted Infections
Dental	TB (risk based)
Depression (start at age 12)	Tobacco, Alcohol or Drug Use
Growth and BMI	Vision
Hearing	
Hepatitis C (risk based periodic testing)	

IMMUNIZATIONS

Annual Flu Vaccine	Meningococcal Vaccine (at ages 11 or 12)
HPV (at ages 11 and 12)	Tdap (at ages 11 or 12)

CommunityHealthChoice.org
713.295.2294 | 1.888.760.2600



https://www.dshs.texas.gov/uploadedFiles/Content/Family_and_Community_Health/thsteps/pdfdocs/PS_large_2018.pdf
<https://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-child-combined-schedule.pdf>