

GROWING STRONG

Wellness exams track changes in your child's health as they grow and catch health issues before they develop. Save this guide, and get a wellness exam when it is time.

- 1** Schedule an appointment or choose a **primary care doctor** from our network. Call Member Services toll-free at **1.888.760.2600** for help.
- 2** Call us if you need a ride to the doctor. The ride is no cost to you. **1.888.760.2600.**
- 3** **New Members:** Complete a wellness check-up **within 90 days** of enrollment.
Current Members: Follow the schedule below.



Infancy (Birth to 1 year)

CHECK-UPS

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

IMMUNIZATIONS

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

SCREENINGS

Anemia Dental Growth Measurements Hearing Hepatitis C (risk based)	Lead (between 9 & 12 months) Maternal Depression Vision, alignment, and eye diseases
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Early Childhood (1 to 4 years)

CHECK-UPS

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

IMMUNIZATIONS

Annual Flu Vaccine Chicken Pox DTaP Hep A/Hep B	Hib IPV MMR Pneumococcal Vaccine
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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 TB (risk based) Vision and screening for Strabismus (lazy eye)
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Middle Childhood (5 to 10 years)

CHECK-UPS

Check-ups needed once a year

IMMUNIZATIONS

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

Blood Pressure Cholesterol (risk based until age 8) Dental Hearing Hepatitis C (risk based)	Lead (before entering kindergarten) Nutrition and Physical Activity Counseling TB (risk based) Vision
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Adolescence (11 to 20 years)

CHECK-UPS

Check-ups needed once a year

IMMUNIZATIONS

Annual Flu Vaccine HPV (at ages 11 and 12)	Meningococcal Vaccine (at ages 11 or 12) Tdap (at ages 11 or 12)
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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
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CommunityHealthChoice.org
713.295.2294 | 1.888.760.2600



www.texasahs.org/texashealthstepsmedicalproviders
<https://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-child-combined-schedule.pdf>

