



## Keeping your **child healthy**

The health of your child is a top priority, which is why preventive care and identifying problems early are important to maintain your child's health. Regular preventive care helps your child live a healthier life. Preventive care services—such as physical exams, immunizations, vaccines, and routine screenings—can help your child avoid serious health problems and allow early detection of common medical conditions. This is why it is important to make sure you schedule your child's preventive visits and obtain all childhood immunizations on time. Talk to your doctor about your specific questions and concerns regarding your child's health, and use these guidelines, along with the advice of your doctor, to help your child stay healthy.

### What preventive health screenings are right for your child?

Consult with your child's doctor to determine which specific screenings are right for your child. Use our online tool at [www.uhcpreventivecare.com](http://www.uhcpreventivecare.com) to identify age specific preventive care guidelines for children, based on recommendations of the U.S. Preventive Services Task Force and other health organizations. Working with your child's doctor, you can use these recommended guidelines to determine which tests or screenings are appropriate for your child. In addition, you can print your child's preventive health guidelines, get useful health tips and find other tools to support your child's overall health.



## Take a proactive approach to your child's health today.

Use the charts inside this brochure, along with our Preventive Care Guidelines at [www.uhcreventivecare.com](http://www.uhcreventivecare.com) to help safeguard your child's health.

### Screening: Children ages 0 – 18 years

Age	Screening test	Frequency
<b>Newborn</b>	Newborn screening (PKU, sickle cell, hemoglobinopathies, hypothyroidism)	Once
	Hearing screening	Once
<b>Birth – 2 months</b>	Head circumference	At each preventive visit
<b>Birth – 18 years</b>	Height (length and weight)	At each preventive visit
<b>3 – 4 years</b>	Eye screening	Once
<b>6 – 8 years</b>	Obesity	At each preventive visit
<b>12 – 18 years</b>	Depression	At each preventive visit

### Counseling: Children ages 0 – 18 years

#### As your child grows, talk to their doctor about:

- ▶ Development
- ▶ Nutrition and eating disorders
- ▶ Physical activity
- ▶ Dental and oral health
- ▶ Safety
- ▶ Tobacco use
- ▶ Child abuse
- ▶ Alcohol and drug abuse

Range of recommended ages

Catch-up Immunization

Certain high-risk groups

## Recommended immunization schedule for persons aged 0 through 6 years – United States • 2010

For those who fall behind or start late, see the catch-up schedule

Vaccine	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years
Hepatitis B <sup>1</sup>	HepB	HepB			HepB						
Rotavirus			RV	RV	RV <sup>2</sup>						
Diphtheria, Tetanus, Pertussis			DTaP	DTaP	DTaP	See footnote 3	DTaP				DTaP
Haemophilus influenzae type b			Hib	Hib	Hib	Hib					
Pneumococcal			PCV	PCV	PCV	PCV				PPSV	
Inactivated Poliovirus			IPV	IPV	IPV						IPV
Influenza					Influenza (yearly)						
Measles, Mumps, Rubella						MMR					MMR
Varicella						Varicella					Varicella
Hepatitis A						HepA (2 doses)				HepA Series	
Meningococcal										MCV4	

Source: Centers for Disease Control and Prevention, Recommended immunization schedules for persons aged 0 through 18 years – United States, 2010; 58(51&52)

1. Administration of 4 doses of HepB to infants is permissible when combination vaccines containing HepB are administered after the birth dose.

2. If Rotarix<sup>®</sup> is administered at ages 2 and 4 months, a dose at 6 months is not indicated.

3. The fourth dose may be administered as early as age 12 months, provided at least 6 months have elapsed since the third dose.

## Recommended immunization schedule for persons aged 7 through 18 years – United States • 2010

For those who fall behind or start late, see the catch-up schedule

Vaccine	7-10 years	11-12 years	13-18 years
Tetanus, Diphtheria, Pertussis		Tdap	Tdap
Human Papillomavirus (covered for females; not for males)		HPV (3 doses)	HPV Series
Meningococcal	MCV	MCV	MCV
Influenza	Influenza (yearly)		
Pneumococcal	PPSV		
Hepatitis A	HepA Series		
Hepatitis B	HepB Series		
Inactivated Poliovirus	IPV Series		
Measles, Mumps, Rubella	MMR Series		
Varicella	Varicella Series		

SOURCE: Centers for Disease Control and Prevention, Recommended immunization schedules for persons aged 0 through 18 years – United States, 2010; 58(51&52)



**For more information about UnitedHealthcare,  
please visit us at [www.myuhc.com](http://www.myuhc.com).**

These guidelines are generally based on the recommendations of the U.S. Preventive Services Task Force (USPSTF) and of the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention. They are provided for informational purposes only, and do not constitute medical advice. Individuals with symptoms or at high risk for disease may need additional services or more frequent interventions. Always consult your doctor before making any decisions about medical care. These guidelines do not necessarily reflect the vaccines, screenings or tests that will be covered by your benefit plan. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on the back of your ID card.

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