

Wellness Checkup

Well-Child Exams



Recommended immunization schedule – birth to age 6

- ▶ Preventive care for children focuses on immunizations and well-child exams.
- ▶ Make sure your child is immunized on schedule.
- ▶ Vaccines may be combined to reduce the number of injections.
- ▶ Ask for a record card with the dates of your baby's shots, and bring this with you to appointment.
- ▶ GEHA covers all in-network, well-child visits and immunizations at 100%.

	BIRTH	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	23 MONTHS	4 – 6 YEARS
HepB (hepatitis B)	1ST	2ND			3RD					
RV (rotavirus)			1ST	2ND	3RD					
DTaP (diphtheria, tetanus, pertussis)			1ST	2ND	3RD		4TH			5TH
Hib (haemophilus influenzae type b)			1ST	2ND	3RD	4TH				
PCV (pneumococcus)			1ST	2ND	3RD	4TH				
IPV (polio)			1ST	2ND	3RD					4TH
Flu (influenza)					yearly (two doses given at least four weeks apart in the first year, one dose yearly after that)					
MMR (measles, mumps, rubella)						1ST				2ND
Varicella (chickenpox)						1ST				2ND
HepA (hepatitis A)						1ST and 2ND (given 6 to 18 months apart)				

Source: Centers for Disease Control and Prevention. For more information, visit cdc.gov

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Well-child check-ups: What you need to know about your newborn's first 15 months

As a parent, you want your child to be healthy and develop normally. That's why well-child doctor visits are so important, particularly in the first 15 months of life. Your child's doctor can help you identify developmental milestones in your child's physical, mental, language and social skills.

The first well-child visit should be two or three days after coming home from the hospital. After that initial visit, your baby needs to see the doctor five more times during the first year – at 1 month, 2 months, 4 months, 6 months and 9 months. During your baby's second year, he or she needs to see the doctor four times – at 12 months, 15 months, 18 months and 24 months.

Each well-child visit will include a complete physical examination. The health care provider will check your baby's growth and development and will record your child's height, weight and other important information. Tests for hearing, vision and other functions will be part of some visits.



Protection for your family, friends and community

The bacteria and germs that cause childhood diseases are still around. In our mobile society, we can easily be around others who come from areas around the world where serious diseases are prevalent. Vaccinations help prevent the spread of those diseases. It helps protect others in your community too—like your neighbor who has cancer and cannot get certain vaccines, or your best friend's newborn baby who is too young to be fully immunized. **Each child who isn't vaccinated can spread those germs to others who are unvaccinated.**

How much do vaccinations cost?

Most health insurance plans cover the cost of vaccinations, but check with your insurance provider before going to the doctor.

GEHA medical plans cover routine well-child visits and vaccinations at 100%.

- ▶ If you don't have health insurance, your child may be eligible for vaccines through the Vaccines for Children (VFC) program.

<https://www.cdc.gov/vaccines/programs/vfc/index.html>

- ▶ To download the Developmental Milestones Tracker:

https://www.cdc.gov/ncbddd/actearly/pdf/checklists/Checklists-with-Tips_Reader_508.pdf

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