

Pediatric and Adolescent Wellness Recommendations

The guidelines below are based on data from the Centers for Disease Control and Prevention and the American Academy of Pediatrics and does not replace the care of your provider or guarantee insurance coverage.

Recommendation Category	Ages
Infant and Toddler Well Visits and Immunizations The American Academy of Pediatrics recommends six well visits by the time your child has reached 15 months of age. Several vaccines are recommended by age 2 to protect against preventable diseases; your pediatrician will provide a recommended schedule.	0 to 2 years
Childhood Well Visits The American Academy of Pediatrics recommends one (1) or more well visits every year.	3 to 6 years
Weight Assessment, Nutrition and Physical Activity Annual well visits with a pediatrician or primary care provider (PCP) are recommended to address developmental milestones and emerging chronic conditions.	3 to 17 years
Immunizations for Adolescents Tdap, meningococcal and HPV vaccines are recommended between ages 9 to 13 to protect against acquiring serious diseases.	3 to 13 years
Medication Management for Asthma Asthma symptoms can be reduced or controlled by continuing to take medications as instructed for the time period and dosages prescribed.	5 to 18 years
Attention Deficit Hyperactivity Disorder (ADHD) Medication Follow-up Visits The 10 months following a newly prescribed ADHD medication should include a minimum of three follow-up visits with your pediatrician.	6 to 12 years

Health and Vaccine Record

Health Action	Appointment Date and Time
Vaccines recommended to be completed by the second birthday (0-2 years):	
4 Diphtheria, Tetanus, Pertussis (DTaP)	
3 Inactivated Poliovirus (IVP)	
1 Measles, Mumps, Rubella (MMR)	
3 Haemophilus Influenza Type B (HIB)	
3 Hepatitis B (HepB)	
1 Chicken Pox Varicella (VZV)	
4 Pneumococcal (PCB)	
1 Hepatitis A	
2 or 3 Rotavirus, *depending on manufacturer	
2 Influenza (Flu)	
Vaccines recommended between ages (9-13 years):	
1 Meningococcal vaccine	
1 Tetanus, Diphtheria, Pertussis (Tdap)	
2 or 3 Human Papillomavirus (HPV) *depending on vaccine manufacturer	
Annual Well-Child Visit with a primary care provider (PCP) (3-17 years):	
ADHD Medication Follow-up At least three ADHD follow-up visits within 10 months after the first medication was prescribed	
Medication Management for Asthma Compliant with persistent asthma medications as prescribed.	

Please consult your provider for medical guidance and contact your health plan for benefit information.

If you have any questions, call Customer Service at 1-855-748-3740.**

**Available weekdays from 7am to 6pm TTY/TDD relay 1-800-955-8771.

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Key Components of an Effective Well-Child Visit*

1. Body Mass Index (BMI) measurement, including height, weight and BMI percentage
2. A physical exam
3. Assessment for physical, mental and development status
4. Age-appropriate health and well-being discussion or counseling for:
 - Physical activities (sports, exercise) and how often
 - Healthy nutrition and diet
 - Oral health
 - Safety and injury prevention
 - Family interactions
 - Literacy activities
 - Safe use of social media and limiting TV time

*Well-child visits do not have a copay, unless combined with a "sick visit," in which case the standard copay will apply.

Vaccine Record

Vaccine Name/Doses		Birth	1 Month	2 Months	4 Months	6 Months	12 Months	15 Months	19-23 Months	9-13 Years	10-13 Years	11-13 Years
Hepatitis B	3 doses											
Diphtheria, Tetanus, Pertussis	4 doses											
Haemophilus Influenza Type B	3 doses											
Pneumococcal	4 doses											
Inactivated Poliovirus	3 doses											
Influenza (Flu)	1 dose annually											
Measles, Mumps, Rubella	1 dose											
Varicella	1 dose											
Hepatitis A	1 dose											
Rotavirus	2-3 doses											
Meningococcal Vaccine	1 dose											
Tdap	1 dose											
HPV	1 dose											