# GIC Pediatric Preventive Health Guidelines

Timely immunizations and screening are vital for your child's health. The general guidelines for routine exams and screenings are outlined below. These were prepared using materials from the American Academy of Pediatrics and GIC's own health plans. Check with your health plan to confirm what they recommend and will cover.

Discuss these guidelines with your doctor. Only you and your pediatrician can determine what schedule is right for your child.
Also discuss the following topics, as applicable, to make the most of your doctor visits:

- Nutritional counseling and assessment
- Seat belt and car seat safety
- Bicycle helmet safety
- Exercise
- Smoke detectors and flame-retardant sleepwear
- Injury prevention including electric outlets, pool fences, window/stair guards, safe storage of medications and cleansers, firearms storage, and matches
- School performance
- Peer and family relationships
- Dental care
- Sexual behavior, contraceptives, and sexually transmitted diseases
- Smoking cessation
- Alcohol and drug abuse
- Depression and stress management

| Immunizations | Birth to 23 months | Children age 2 to 6 | Children age 7 to 12 | Children age 13 to 18 |
|---|---|---|---|---|
| Hepatitis B Vaccine (Hep B) | At birth-2 months, 1-4 months, and 6-18 months | Check with your pediatrician to find out if your child has already received three doses of Hep B | Check with your pediatrician to find out if your child has already received three doses of Hep B | Check with your pediatrician to find out if your child has already received three doses of Hep B |
| Polio (IPV-Inactive, or OPV-Oral) | At ages 2 months, 4 months, and 6-18 months | Once between ages 4-6 (school entry) | Not routine | Not routine |
| Diptheria, Pertussis, Tetanus (DPT) | At ages 2 months, 4 months, 6 months, and 15-18 months | Once between ages 4-6 (school entry) | See Tetanus-Diptheria (Td) | See Tetanus-Diptheria (Td) |
| Tetanus-Diptheria (Td) | N/A | N/A | A booster once between ages 11-15 | A booster once between ages 11-15 |
| Haemophilus Influenzae, type B (Hib) | At ages 2 months, 4 months, 6 months, and 12-15 months | Check with your pediatrician to find out if your child has already received four doses of Hib | Not routine | Not routine |
| Pneumoccocal Conjugate Vaccine | At ages 2 months, 4 months, 6 months and 12-15 months | Recommended for high risk children older than age 2 | Not routine | Not routine |
| Varicella (chicken pox) | Once between ages 12-18 months | At any age if not yet immunized and no history of chicken pox | At any age if not yet immunized and no history of chicken pox | At any age if not yet immunized and no history of chicken pox |
| Measles, mumps, rubella (MMR) | Once between ages 12-15 months | Once between ages 4-6 (school entry) | Check with your pediatrician to find out if your child has already received 2 doses of MMR | Check with your pediatrician to find out if your child has already received 2 doses of MMR |
| Influenza (Flu) | Every year if at high risk starting at age 6 months | Every year if at high risk | Every year if at high risk | Every year if at high risk |
| Hepatitis A Vaccine | Not routine | Recommended for high risk children | Recommended for high risk children | Recommended for high risk children |

# GIC Pediatric Preventive Health Guidelines

| Screening | Birth to 23 months | Children age 2 to 6 | Children age 7 to 12 | Children age 13 to 18 |
|---|---|---|---|---|
| Routine checkup | Newborn in hospital, by age 4 weeks; at 2, 4, 6, 9, 12, 15, and 18 months | Every year | Every other year beginning at age 6 | Every other year |
| Lead | Once at age 9-12 months | At ages 2, 3, and 4 in Massachusetts | Not routine | Not routine |
| Hearing | Newborn in hospital; then subjective evaluation at each preventive visit | Once between ages 3-5 | Subjective evaluation at every routine checkup | At age 15 and 18 |
| Vision | Newborn in hospital then subjective evaluation at each preventive visit | Subjective evaluation at every routine checkup | Subjective evaluation at every routine checkup | Every other year |
| Tuberculosis | Annual risk assessment | Annual risk assessment | Risk assessment at checkup | Risk assessment at checkup |
| Urinalysis | Not routine | Once between ages 3-5 | Not routine | Once between age 13-18 |
| Blood count | Once by age 9-12 months | Not routine | Not routine | Once between age 13-18 |
| Blood pressure measurement | Not routine | At every routine checkup starting at age 3 | At every routine checkup | At every routine checkup |
| Dental checkup | Not routine | Once by age 3 with subsequent visits as prescribed by a dentist | Once every six months | Once every six months |
| Cholesterol | Not routine | Not routine | Not routine | Not routine |
| Pelvic exam and Pap smear (females) | Not routine | Not routine | Not routine | Annually when sexually active; otherwise at every routine checkup beginning at age 18 |
| Breast self exam instructions (females) | Not routine | Not routine | Not routine | At age 18 |
| Testicular self exam instructions (male) | Not routine | Not routine | Not routine | At every routine checkup |