



Checking In on Your Child's Health

Tips and Information on Your Child's Yearly
Checkups and Immunizations

Yearly Wellness Checkup


As a parent/guardian, keeping your child healthy is probably very high on your priority list. A great way to do this is with a yearly wellness checkup. Your child's doctor will not only look at their physical health but will also make sure their mental and social health is doing well too.

So what should you expect during a wellness checkup for your child?

Here are a few topics that will likely be covered during that visit:

- Immunizations (see the back page for more information on immunizations).
- Importance of sleep.
- Nutrition and healthy eating.
- Physical activity and weight management.
- Chronic condition management (asthma, for example).
- Social development.
- Mental health.





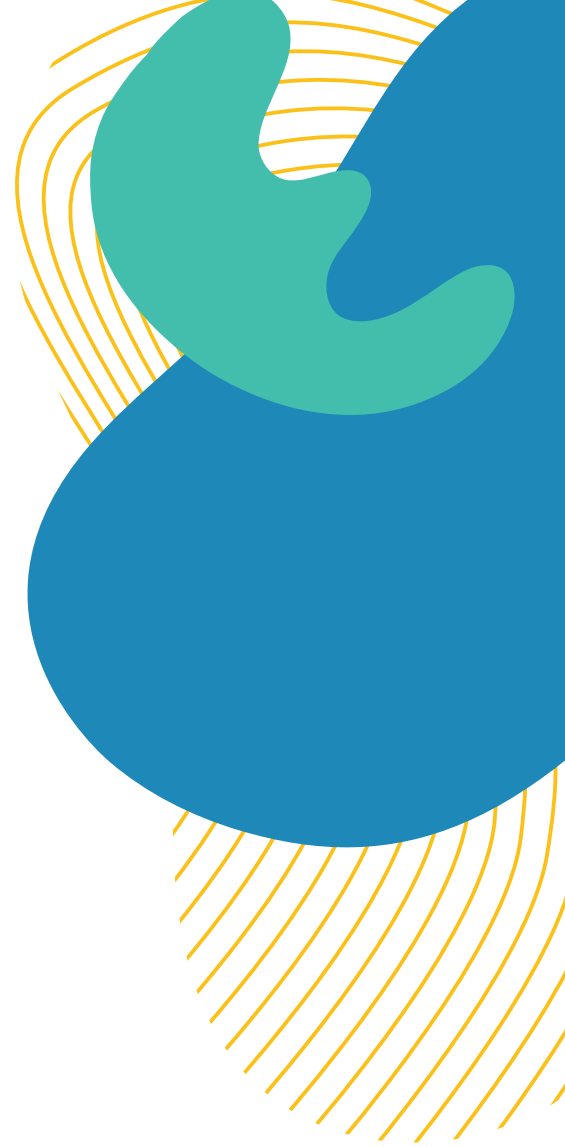
Having your child's health and wellness evaluated during these yearly checkups will help give you the ease of mind that they're developing at a healthy rate. These visits are also the best chance to catch any abnormal health issues at the earliest stages, when they may be easier to treat.

Three important things to remember to do:

- ✓ Call the number on the back of your health plan ID card or your doctor's office to check when your child is eligible for their next wellness checkup.
- ✓ Schedule a yearly wellness checkup.
- ✓ Ask your provider to complete any forms needed for day care or school during the wellness checkup.

Immunizations

Vaccines are a great tool to be proactive in keeping your child healthy and helping them fight against certain diseases. To get a better understanding of when your child should get certain vaccines, use this immunization schedule from the federal Centers for Disease Control and Prevention.



Your child needs vaccines as they grow!

2024 Recommended Immunizations for Birth Through 6 Years Old

Want to learn more? Scan this QR code to find out which vaccines your child might need. Or visit www.cdc.gov/vaccines/tool/child.html

VACCINE OR PREVENTIVE ANTIBODY	BIRTH	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS	7 MONTHS	8 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	19 MONTHS	20-23 MONTHS	2-3 YEARS	4-6 YEARS	
RSV antibody	Depends on mother's RSV vaccine status						Depends on child's health status								
Hepatitis B	Dose 1	Dose 2		Dose 3											
Rotavirus	Dose 1		Dose 2	Dose 3											
DTaP	Dose 1		Dose 2	Dose 3		Dose 4				Dose 5					
Hib	Dose 1		Dose 2	Dose 3		Dose 4									
Pneumococcal	Dose 1		Dose 2	Dose 3		Dose 4									
Polio	Dose 1		Dose 2	Dose 3											
COVID-19	At least 1 dose of updated (2023-2024 Formula) COVID-19 vaccine														
Influenza/Flu	Every year. Two doses for some children														
MMR	Dose 1								Dose 2						
Chickenpox	Dose 1								Dose 2						
Hepatitis A	2 doses separated by 6 months														

KEY

- ALL children should be immunized at this age.
- SOME children should get this dose of vaccine or preventive antibody at this age.

Talk to your child's health care provider for more guidance if:

- Your child has any medical condition that puts them at higher risk for infection.
- Your child is traveling outside the United States.
- Your child misses a vaccine recommended for their age.

U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

FOR MORE INFORMATION
Call toll-free: 1-800-CDC-INFO (1-800-232-4636)
Or visit: www.cdc.gov/vaccines/parents

AAFP American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN

Older children and teens need vaccines too!

2024 Recommended Immunizations for Children 7-18 Years Old

Want to learn more? Scan this QR code to find out which vaccines your child might need. Or visit www.cdc.gov/vaccines/tool/teen.html

RECOMMENDED VACCINES	7 YEARS	8 YEARS	9 YEARS	10 YEARS	11 YEARS	12 YEARS	13 YEARS	14 YEARS	15 YEARS	16 YEARS	17 YEARS	18 YEARS
HPV			ALL children in age group should get the vaccine									
Tdap ¹			ALL children in age group should get the vaccine									
Meningococcal ACWY			ALL children in age group should get the vaccine									
Meningococcal B			SOME children in age group should get the vaccine		Parents/caregivers should talk to their health care provider to decide if this vaccine is right for their child							
Influenza/Flu	Every year. Two doses for some children		Every year									
COVID-19	At least 1 dose of updated (2023-2024 Formula) COVID-19 vaccine											
RSV	If pregnant during RSV season											
Mpox	ONLY if living in a place where dengue is common AND has laboratory test confirming past dengue infection											
Dengue	ONLY if living in a place where dengue is common AND has laboratory test confirming past dengue infection											

¹One dose of Tdap is recommended during each pregnancy

KEY

- ALL children in age group should get the vaccine
- SOME children in age group should get the vaccine
- Parents/caregivers should talk to their health care provider to decide if this vaccine is right for their child

Talk to your child's health care provider for more guidance if:

- Your child has any medical condition that puts them at higher risk for infection or is pregnant.
- Your child is traveling outside the United States.
- Your child misses any vaccine recommended for their age or for babies and young children.

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