



Blue Cross and Blue Shield
of New Mexico

2009 Preventive Care Guidelines Summary

For Healthy Children

The shaded areas indicate the age that the child should get the service.

Age	Birth	2 mo	4 mo	6 mo	12 mo	18 mo	2 yr	3 yr	4 yr	5 yr	6 yr	8 yr	11 yr	12 yr	14 yr	18 yr	
SCREENING	Newborn screening																
	Head size	At each doctor visit.															
	Height, growth chart, development, obesity	Beginning at age 2 – check Body Mass Index (BMI) and discuss with child’s doctor ways to ensure a healthy weight.															
	Blood pressure																Annually
	Anemia screening																Obtain test once at 12 months, then ask child’s doctor if child needs additional testing.
	Urinalysis																Once between 11 and 17 years.
	Lead screening																Ask child’s doctor if additional testing is needed.
	Tuberculosis																Child’s doctor will evaluate if child should be tested for TB.
	Chlamydia (female)																Sexually active females should be screened.
	Hearing																2 months to 4 years: Ask child’s doctor if testing needed. Check at 4, 5, 6, 8, and 10 years.
	Vision/Eyes																Check vision at 3, 4, 5, 6, 8, 10, 12, 15, and 18 years.
	Autism screening																
	Dental																Consider a checkup when first tooth appears. By age 2, yearly dental examinations are recommended.
VACCINES – www.cdc.gov/vaccines	Hepatitis B	Hep B	Hep B		Hep B											See note below. Catch-up options are available if doses are missed.	
	Rotavirus		Rota	Rota	Rota												
	Polio (IPV)		IPV	IPV	IPV					IPV							
	Haemophilus influenzae type B (Hib)		Hib	Hib	Hib												Third dose not needed if Comvax or Pedvax-Hib. Discuss with doctor if fourth dose is needed.
	Diphtheria, tetanus, pertussis (DTaP)		DTaP	DTaP	DTaP	DTaP				DTaP					Tdap	See note below.	
	Pneumonia (Pneumar™)		PCV	PCV	PCV	PCV										See note below.	
	Measles, mumps, rubella					MMR				MMR					See note.		
	Varicella (chicken pox)					Var				Var					See note.		
	Hepatitis A					Hep A	Hep A									See note below.	
	Meningococcal														MCV4		
	Human Papillomavirus														HPV x 3		
Influenza														Annually. See note below.			
HEALTH	Tobacco use	Parents should prevent children’s exposure to secondhand smoke.							Discuss with child’s doctor how to help prevent smoking and tobacco use.								
	Anticipatory guidance	Discuss proper sleep positioning with doctor.				When appropriate, discuss with child’s doctor how you can help prevent alcohol and drug use, unsafe sex, firearm injury, household accidents, and unprotected exposure to sunlight.											
											Child’s doctor should advise you on nutrition, physical activity, seat belt and car seat use, family planning when age appropriate.						
	Talk with child’s doctor about the use of folic acid for females of childbearing age.																

NOTE: The “Done By One” immunization schedule above is only a guide to basic immunizations. Additional or “catch-up” immunizations may be needed, even if not listed here. Discuss with child’s doctor at each visit. Full schedules are available at www.health.state.nm.us/immunize.

BCBSNM has adapted these guidelines from the recommendations of the U.S. Preventive Services Task Force, Centers for Disease Control and Prevention, American College of Physicians, American Academy of Family Physicians, American Academy of Pediatrics, and/or the New Mexico Department of Health. Some actions may be recommended, but may not be covered as a benefit in your specific health plan. If you want to learn if a service is covered, call the customer service number on your ID card.

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