

# A Tot to Teen Healthcheck

This table shows the recommended age for each procedure.

## Early and Periodic Screening, Diagnostic and Treatment (EPSDT) Required

PROCEDURE	MONTHS											YEARS															
	1	2	4	6	9	12	15	18	24	30	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18-21	
History and Physical Exam	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Length/Height and Weight	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Head Circumference	●	●	●	●	●	●	●	●	●	●																	
Body Mass Index (BMI)									●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
Blood Pressure											●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
Vision Screening											●	●	●	●		●		●		●			●			●	
Hearing Screening												●	●	●		●		●	←	●	→	←	●	→	←	●	
Maternal Screening	●	●	●	●																							
Developmental Screening					●			●		●																	
Autism Screening								●	●																		
Behavior/Social/Emotional Screening	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
Tobacco, Alcohol, Drug Use Assessment																				●	●	●	●	●	●	●	
Depression and Suicide Risk Screening																				●	●	●	●	●	●	●	
Anemia Screening						●																					
Lead Screening					●			●	←	●	→	Lead testing once between 2-6 years old, if child has never been tested.															
Dyslipidemia (cholesterol abnormalities)																			←	●	→				←	●	→
HIV Screening																								←	●	→	
Sexually Transmitted Infections																											
Oral Health											Apply fluoride varnish at first tooth eruption. Child should be seen by a dentist by 1 year old.																
Immunizations											<a href="https://www.cdc.gov/vaccines/">https://www.cdc.gov/vaccines/</a>																
Anticipatory Guidance	Infant sleep safety, proper car seat use, water/bath safety, preventing falls, burns, choking, strangling, poison access, danger of secondhand smoke, electrical safety, smoke detectors in home, dog safety, brush teeth twice daily, limiting screen time and recognizing and responding to infant/child illness.										When appropriate, discuss with child's healthcare provider how to prevent smoking/vaping, alcohol and drug use, unsafe sex, firearm injury, household accidents and unprotected exposure to sunlight. Ask the provider for advice on adequate sleep, nutrition, physical activity, seat belt use and use of helmets. Discuss sexual activity, risk of sexually transmitted infections and birth control with adolescents.																

KEY: ● = to be performed   ← ● → = range during which a service may be provided

**NOTE:** Well visits (EPSDTs) are the best time to make sure that a child's immunizations are up to date with the CDC Child and Adolescent Vaccine Schedule. Immunizations are necessary and should be offered at all visits, including sick visits. Blue Cross and Blue Shield of New Mexico has reproduced with permission from the American Academy of Pediatrics [https://downloads.aap.org/AAP/PDF/periodicity\\_schedule.pdf](https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf) Such services are funded in part with the State of New Mexico.

To ask for auxiliary aids and services or materials in other formats and languages at no cost, please call 1-866-689-1523 (TTY/TDD: 711).

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

Díí baa akó nínizin: Díí saad bee yáníłt'igo Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiiik'eh, éí ná hóló, kojí' hódííłnih 1-855-710-6984 (TTY: 711).

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