

Make Your Child's Health a Priority



Pediatric preventive exams are covered at no cost. Many of the services listed are included as part of children's routine preventive visits with a doctor.

Preventive Service ¹	Coverage
Preventive care for newborns: <ul style="list-style-type: none"> • Screening for heritable (genetic) disorders and congenital hypothyroidism (to determine if the thyroid is functioning correctly) • Eye medication to prevent gonorrhea • Hearing loss screening 	All newborns
Autism screening	All children at 18 months and 24 months
Counseling and education to prevent initiation of tobacco use	All school-aged children and adolescents
Gynecological exams	All adolescent and teenage female children
Hearing screening	All children
HIV screening	All children, 15-18 years or high risk adolescents
Iron supplements²	All children, 6 months to 12 months
Lead screening	All children, 6 months, 9 months, 18 months and every year between 3-6 years old
Lead testing	All children, 9-12 months and a second before 24 months
Major depressive disorders (MDD) screening	All children, 12-18 years old
Obesity screening and counseling	All children, 6 years and older
Oral fluoride supplements²	All children, 6 months to 6 years and whose primary water source lacks enough fluoride

¹ The list of covered preventive services is subject to change based on guidelines from the U.S. Preventive Services Task Force and other nationally recognized sources.

² Certain prescription drugs used in preventive care are covered with no copayment, if applicable, when the prescription is filled at a participating pharmacy. Refer to your child's Benefits Handbook for more information.

Preventive Service ¹	Coverage
Preventive exams	Birth to 36 months: 12 visits 3-18 years: once every year
Sexually transmitted infections counseling	All at-risk children
Sexually transmitted infections screening	All children, 11-18 years old
Skin cancer counseling to minimize exposure to harmful ultraviolet (UV) radiation	All children
Visual screening	All children

Immunizations

Your child will usually receive any recommended vaccinations during a well visit. You may need to schedule a separate visit for the annual flu vaccination. Talk to your child's doctor about any questions or concerns you have about getting your child vaccinated.

For a list and schedule of the recommended vaccinations, visit: [cdc.gov/vaccines/recs/schedules/default.htm](https://www.cdc.gov/vaccines/recs/schedules/default.htm). You may also get a printed copy of the vaccine schedule through your child's primary care physician or by calling the Centers for Disease Control and Prevention at 1-800-232-4636.

Tips to stay healthy and safe

- Encourage your child to eat healthy snacks and meals.
- Make sure your child brushes his/her teeth with fluoride toothpaste at least twice a day and flosses daily. Also, take your child to the dentist at least every six months.
- Encourage your child to exercise regularly.
- Talk to your child about not using drugs, tobacco, or alcohol.
- Keep sunscreen available for all outdoor activities, especially during the summer.
- Check your home for risks of falls and other injuries, especially if you have young children.
- Make sure that your smoke detectors are installed correctly. Test, clean, and change batteries regularly. You also should have a carbon monoxide detector.
- Make sure your child uses safety gear (helmets and pads) and follows safety rules for bike riding, skateboarding, rollerblading, and any other activities that require safety gear.
- Keep the number for poison control handy: [1-800-222-1222](https://www.poisontreatment.com).
- Talk to your child's doctor about lead prevention and safety in your home.

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