

Preventive health guidelines

2021

Take steps today for a healthy future

Your child's health plan pays for certain tests to find diseases early, routine wellness exams, and shots to help your family stay well. This is called preventive care.

These are based on state requirements and tips from health experts, such as:

- American Academy of Family Physicians (AAFP)
- American Academy of Pediatrics (AAP) *Bright Futures*
- Advisory Committee on Immunization Practices (ACIP)
- American College of Obstetricians and Gynecologists (ACOG)
- American Cancer Society (ACS)
- Centers for Disease Control and Prevention (CDC)
- U.S. Preventive Services Task Force (USPSTF)

Your child's plan may not pay for all the services and treatments listed.

To learn more about what your child's plan covers, either:

- Check the member handbook.
- Call Member Services at the number on your child's member ID card.
- Visit [simplyhealthcareplans.com/floridahealthykids](https://www.simplyhealthcareplans.com/floridahealthykids).

Always get medical advice from your child's doctor.

This guide does not mention every condition and treatment. Ask the doctor which exams, tests, and vaccines are right for your child, when to get them, and how often.



Well-child visits — 2 1/2 to 10 years old

Your child's doctor may talk with your child about:

- How to help with healthy eating habits.
- Exercise, growth, safety, and healthy habits.
- Any learning or school issues.
- Emotional and mental health.
- Family and home life.

During the visit, your child may get:

- A full-body exam.
- Vaccines.
- Other tests and screenings.

Screenings	When to get them
Height, weight, BMI percentile*	At each visit
Development — brain, body, and behavior	At 2 1/2 years, and then each visit
Vision	At 3 years, and then each visit
Hearing	At 4 years, and then each visit
	Referral to a dentist, if needed
	Dental exam each year
Oral and dental health	Fluoride varnish on the teeth when the dentist suggests (at 3, 4, and 5 years old)
	Fluoride prescription based on your child's drinking water
Lead testing	Check for risks through age 6
Hemoglobin or hematocrit (blood count)	Check for risks each year
Blood pressure	Each year starting at age 3
	Check for risks before age 3
Lipid disorder (cholesterol problems)	Once between ages 9 to 11
	Check for risks at all other ages
Tuberculosis	Check for risks and test as the doctor suggests

* Height and weight are used to check body mass index (BMI). Checking someone's BMI helps determine if they are a healthy weight for their height, or if they are under or overweight.

Well-child visits — 11 to 21 years old

Your child’s doctor may talk about:

- **Growth and development**, such as oral health habits, body image, healthy eating, physical activity, and sleep.
- **Emotional well-being**, such as mood control and overall mental health.
- **Safe sex**, such as the risks of sexually transmitted infections and diseases (STIs and STDs) and pregnancy.
- **Substance use**, whether that be drinking alcohol or using tobacco, e-cigarettes, or prescription or illegal drugs.
- **School performance**.
- **Family and home living issues**.
- **Safety**, such as seat belt use, helmet use, and sun safety.
- **Firearm safety**, if you own guns or child is around guns.

During the visit, the doctor may give:

- A full-body exam.
- Vaccines.
- Other tests and screenings.

Screenings	When to get them
Height, weight, BMI*	Each year
Development — mind, body, and behavior	Each year
Depression	Each year
Blood pressure	Each year
Vision	Each year
Hearing	Each year
Oral and dental health	Each year
Hemoglobin or hematocrit (blood count)	Fluoride prescription through age 16 Check for risks each year
Lipid disorder (cholesterol problems)	Once between ages 9 to 11 Once between ages 17 to 21
STIs, such as chlamydia	Starting at age 11, if sexually active
HIV	Screen once between ages 15 to 18 Check for risks all other years
Substance use disorder and tobacco addiction	Check for risks each year starting at age 11

* Height and weight are used to check body mass index (BMI). Checking someone’s BMI helps determine if they are a healthy weight for their height, or if they are under or overweight.

Wellness visits — adult women

Your child's doctor may talk about:

- Diet and physical activity.
- Mental health, such as depression.
- Oral and dental health.
- Tobacco use, or how to quit.
- Avoiding secondhand smoke.
- Drinking alcohol or using drugs.
- Skin cancer risks.
- Family planning, such as:
 - Safe sex.
 - Birth control to help avoid unwanted pregnancy.
 - Spacing out pregnancies to have the best birth outcomes.
 - Checking for sexually transmitted infections and diseases (STIs and STDs), such as HIV and hepatitis B (if at risk).
 - Folic acid supplements for women of childbearing age.

Your child may also get vaccines and these screenings:

Screenings	When to get them
Height, weight, BMI*	Each year or as your child's doctor suggests
Blood pressure	Each year or as your child's doctor suggests. Recheck high readings at home.
Chlamydia and gonorrhea	If sexually active and age 24 or younger
Hepatitis C	Screen between the ages of 18 and 79 years

* Height and weight are used to check body mass index (BMI). Checking someone's BMI helps determine if they are a healthy weight for their height, or if they are under or overweight.

Pregnant women

Within the first three months of pregnancy, it's vital to visit a doctor to set up a prenatal care plan. At each visit, your child's doctor will check your child's health and the health of the baby. The doctor may talk to your child about:

- What to eat.
- How to be active when pregnant.
- Avoiding tobacco, drugs, alcohol, and other substances.

Testing:

Based on your child's past health, your child's doctor may want your child to have these screenings:

- **Depression** screenings (done during and after pregnancy)
- **Diabetes**
- **Preeclampsia*** (high blood pressure that causes other problems during pregnancy)
- **Hematocrit/hemoglobin** (blood count)
- **Rubella immunity** (to find out which women need the rubella, aka German measles, vaccine after giving birth)
- **Rh(D) blood type and antibody testing** (checks to see if your child's blood type and the baby's blood type are compatible.) If Rh(D) negative, repeat test at 24 to 28 weeks.
- **Hepatitis B**
- **HIV**
- **Syphilis**
- **Urine** for asymptomatic bacteriuria, as your child's doctor suggests

Other tests and screenings:

- **Amniocentesis** (an ultrasound and testing of the fluid in the womb)
- **Cell-free DNA** (a blood test to check for chromosomal abnormalities in the baby)
- **Chorionic villus sampling** (checks for birth defects and more)
- **Ultrasound tests** (to look at the baby in the womb). During the first three months, these are done along with blood tests to check the baby for chromosomal abnormality risk and more.

These and other tests can check the baby for health concerns. The right tests and the right times to do them depend on:

- Your child's age.
- Your child's health record and family history.
- Talk to your child's doctor about:
- Which tests may be best for your child.
- What the tests can tell your child about the baby.
- Any risks.

* If your child has a high risk of preeclampsia, your child's doctor may recommend taking a low-dose aspirin to prevent other problems while your child is pregnant.

Vaccines:

- **Flu:** If your child is pregnant during flu season (October through March), your child's doctor may want your child to have the inactivated (killed) flu shot.
- **Tdap:** Pregnant teens and adults need a Tdap vaccine during each pregnancy. It's best to get the vaccine between weeks 27 and 36, but it may be given at any time during pregnancy.

It's best to get most vaccines before pregnancy. Women should check with their doctor to make sure their vaccines are up to date.

Your child should NOT get these vaccines while pregnant:

- **Measles, mumps, rubella (MMR)**
- **Varicella (chickenpox)**

Wellness visits – adult men

Your child's doctor may talk about:

- Diet and physical activity.
- Mental health, such as depression.
- Oral and dental health.
- Tobacco use, or how to quit.
- Avoiding secondhand smoke, alcohol, and using drugs.
- Skin cancer risks.
- Family planning, like:
 - Safe sex and preventing unwanted pregnancy with a partner.
 - Checking for sexually transmitted infections and diseases (STIs and STDs), such as HIV and hepatitis B (if high risk).

Your child may also get vaccines and these screenings:

Screenings	When to get them
Height, weight, BMI*	Each year or as your child's doctor suggests
Blood pressure	Each year or as your child's doctor suggests. Recheck high readings at home.
Hepatitis C	Screen once between the ages of 18 and 79 years

* Height and weight are used to check body mass index (BMI). Checking someone's BMI helps determine if they are a healthy weight for their height, or if they are under or overweight.

Suggested vaccine schedule

For more information about vaccines, visit [cdc.gov/vaccines](https://www.cdc.gov/vaccines).

Coronavirus disease 2019 (COVID-19) vaccines as recommended by the CDC: [cdc.gov/vaccines/hcp/acip-recs/vacc-specific/covid-19.html](https://www.cdc.gov/vaccines/hcp/acip-recs/vacc-specific/covid-19.html).

Vaccines ↓ Ages →	Birth	1-2 months	2 months	4 months	6 months	6-15 months	12-15 months	15-18 months	19-23 months	4-6 years	11-12 years	13-18 years
Hepatitis B	✓	✓				✓						
Rotavirus (RV)			2-dose or 3-dose series									
Diphtheria, tetanus, pertussis (DTaP)			✓	✓	✓			✓		✓		
Tetanus, diphtheria, pertussis (Td/Tdap)											Tdap	
Haemophilus influenzae type b (Hib)			3-4 doses between 2 to 15 months with first dose at 2 months, last dose at 12 to 15 months									
Pneumococcal conjugate (PCV)			✓	✓	✓		✓					
Inactivated polio virus (IPV)			✓	✓		✓				✓		
Influenza (flu)						Suggested each year from 6 months to 65+ years; 2 doses at least 4 weeks apart are recommended for children between 6 months to 8 years old having the vaccine for the first time						
Measles, mumps, rubella (MMR)							✓			✓		
Varicella (chickenpox)							✓			✓		
Hepatitis A							2-dose series between 12 to 23 months, taken 6 to 18 months apart					
Human papillomavirus (HPV)											2-dose series	
Meningococcal											✓	Booster at age 16; MenB-FHb at ages 16 to 23

* For more information about updated HPV vaccines, see the Centers for Disease Control and Prevention website: *Use of a 2-Dose Schedule for Human Papillomavirus Vaccination — Updated Recommendations of the Advisory Committee on Immunization Practices* (December 16, 2016): [cdc.gov/mmwr/volumes/65/wr/mm6549a5.htm](https://www.cdc.gov/mmwr/volumes/65/wr/mm6549a5.htm).

Hepatitis A (ages 2 to 18): If your child has not had this vaccine before, talk to your child's doctor about a catch-up vaccine.

- Teens and adults with HIV infection who are at risk of hepatitis A may get a two- or three-dose series within a 12- to 18-month time span.

Hepatitis B: The first dose should be given within 24 hours of birth if the birth was outside of a hospital. Children may get an extra dose (four-dose series) at 4 months if the combination vaccine is used after the birth dose.

- Teens and adults with HIV infection should have a three-dose series given within a six-month time span.

Rotavirus (RV): Get a two-dose or three-dose series (depending on the brand of vaccine used).

Tdap (children through adults): If your child (age 7 or older) never gets this vaccine, talk to the doctor about a catch-up vaccine.

- Pregnant women with HIV infection should get one dose during each pregnancy.

Haemophilus influenzae type b (Hib): Get a three-dose or four-dose series (depending on the brand of vaccine used).

Pneumococcal conjugate (PCV): Children ages 14 months to 59 months who get an incomplete PCV13 series get a single supplemental dose of 13-valent PCV (PCV13).

Influenza (flu): Visit [flu.gov](https://www.flu.gov) or [cdc.gov](https://www.cdc.gov) to learn more about this vaccine. Children 6 months to 8 years having the vaccine for the first time should have two doses four weeks apart.

- Teens and adults with HIV infection should not get the live attenuated (weakened) influenza vaccine (aka the nasal spray version).

Measles, mumps, rubella (MMR) and varicella (chickenpox): Teens and adults should be up to date on their MMR vaccines. Chickenpox vaccines are for children who have not had chickenpox.

- Teens and adults with HIV infection whose CD4 cell count is less than 200 should not get these vaccines.

Human papillomavirus (HPV):* Children who are 11 to 12 years old get two doses of the HPV vaccine at least six months apart. (The vaccine series can start at age 9.) Teens and young adults who start the series later (at ages 15 to 26) need three doses of HPV vaccine to protect against cancer-causing HPV infection.

Meningococcal: When given to healthy teens who are not high risk for meningococcal disease, two doses of MenB-FHb should be given six months apart. This timing is very important. If a second dose is given before six months, a third dose should be given six months after the first dose. For persons at high risk for meningococcal disease and during serogroup B outbreaks, three doses of MenB-FHb should be given. The second and third dose should be given 1 to 2 months and six months after the first dose.

- Teens and adults with HIV infection should have a two-dose series of serogroup A, C, W, and Y (MenACWY) given at least 2 months apart. Revaccinate every five years. Serogroup B is not normally recommended.



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¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Llámenos a la línea gratuita al 844-405-4298 (TTY 711) para recibir esto gratuitamente en otros idiomas o formatos.