

Children's Wellness Guidelines

Children's health

Put your children on the path to wellness by scheduling regular office visits with a doctor. In addition to discussing your child's growth and progress, the doctor should:

- Check your child's body mass index percentile regularly beginning at age 6.
- Conduct a yearly wellness exam beginning at age 3.
- Test vision at least once between the ages of 3 and 5.

Routine Children's Immunization Schedule										
Vaccine	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	1.5-3 years	4-6 years
Hepatitis B (HepB)	●	●					●			
Rotavirus (RV)			●	●	●*					
Diphtheria, Tetanus and Pertussis (DTaP)			●	●	●			●		●
Haemophilus Influenzae Type B (Hib)			●	●	●*		●			
Pneumococcal Conjugate (PCV)			●	●	●		●			
Inactivated Polio Vaccine (IPV)			●	●			●			●
Influenza (Flu)					● Recommended yearly starting at age 6 months, with two doses given the first year.					
Measles, Mumps and Rubella (MMR)							●†			●†
Varicella (Chickenpox)							●			●
Hepatitis A (HepA)							● First dose: 12-23 months. ● Second dose: 6-18 months later.			

● One dose □ Range of recommended dates

* Number of doses needed varies depending on vaccine used. Ask your doctor.

† Measles, mumps and rubella (MMR) vaccine. (Minimum age: 12 months for routine vaccination.)

Routine vaccination: two-dose series at 12–15 months and 4–6 years. The second dose may be given as early as four weeks after the first dose.

Sources: U.S. Department of Health and Human Services, the Centers for Disease Control and Prevention, U.S. Preventive Services Task Force. These are independent agencies that provide health information on behalf of BlueCross BlueShield of South Carolina.

Tweens and teenagers

As your child grows into a teen, he or she should continue yearly doctor visits for exams and scheduled immunizations. These visits give the doctor a chance to talk about:

- The importance of good eating habits and regular physical activity.
- Avoiding alcohol, smoking and drugs.
- The impact of sexual activity and sexually transmitted disease.

Recommended Immunizations for ages 7 to 18					
Vaccine	7-10 years	11-12 years	13-15 years	16 years	17-18 years
Tetanus, Diphtheria, Pertussis (Tdap)		●			
Human Papillomavirus (HPV) – females and males		●*			
Meningococcal (MCV)		●		●	
Influenza (Flu)	Yearly				

● One dose □ Range of recommended dates

* Routine and catch-up vaccination:

Routine vaccination for all adolescents at 11–12 years (can start at age 9 years) and through age 18 if not previously adequately vaccinated. Number of doses dependent on age at initial vaccination:

Age 9–14 years at initiation: two-dose series at 0 and 6–12 months. Minimum interval: five months (repeat a dose given too soon at least 12 weeks after the invalid dose and at least five months after the first dose).

Age 15 years or older at initiation: three-dose series at 0, 1–2 and 6 months. Minimum intervals: four weeks between first and second dose; 12 weeks between second and third dose; five months between first and third dose (repeat dose[s] given too soon at or after the minimum interval since the most recent dose).

Persons who have completed a valid series with any HPV vaccine do not need any additional doses.

The CDC recommends that all 11–12-year-olds receive a two-shot series of HPV vaccine at least six months apart. A three-shot series is needed for those with weakened immune systems and those age 15 or older.



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These recommendations come from the Centers for Disease Control and Prevention and the American Academy of Pediatrics. The recommendations are not intended as medical advice nor meant to be a substitute for the individual medical judgment of a doctor or other health care professional. Please check with your doctor for individual advice on the recommendations provided.