Well-Child Visits

Did you know that many children missed regular check-ups during the COVID-19 pandemic? The Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP) recommend children catch up on doctor visits and vaccination.

Well-child visits are important for:

- Tracking growth targets
- Sharing any health concerns
- Getting shots to prevent illnesses like measles, whooping cough (pertussis) and other serious diseases

Well-child check-ups and vaccines are part of your child’s benefits. They come at no cost to you. How often your child needs a check-up depends on their age. Check out the schedule on the next page for recommendations.

Contact your child’s Primary Care Provider to set up a well-child check-up. If you need help finding a Primary Care Provider, please contact Baylor Scott & White Health Plan at 800.321.7947.
BIRTH
Immunizations: HepB

1 MONTH
Nothing needed

2 MONTHS
Immunizations: DTap, Hib, IPV, PVC, Rota, (HepB #2 if first given at 2 months)

4 MONTHS
Immunizations: DTap, Hib, IPV, PVC, Rota, (HepB #3 if first given at 2 months)

6 MONTHS
Immunizations: Flu, DTap, Hib, IPV, PVC, Rota

9 MONTHS
Developmental Screening
Immunizations: (HepB #3 if first given at 2 months)

12 MONTHS
Immunizations: MMR, Varicella, HepA

15 MONTHS
Immunizations: DTap, Hib, IPV, PVC

18 MONTHS
Developmental Screening
Immunizations: HepA

24 MONTHS
Immunizations: (HepB #3 if first given at 2 months)

30 MONTHS
Developmental Screening

3 YEARS
Annual Visits Begin

4 YEARS
Flu vaccine, Tdap, IPV, MMR, Varicella and any missing immunizations

5 YEARS
Flu Vaccine

6 YEARS
Flu Vaccine

7 YEARS
Flu Vaccine

8 YEARS
Flu Vaccine

9 YEARS
Flu Vaccine

10 YEARS
Flu Vaccine

11 YEARS
Flu Vaccine
Immunizations: Tdap, MCV4, HPV
(if not given at 11 yrs)

12 YEARS
Flu Vaccine
Immunizations: Tdap, MCV4, HPV
(if not given at 11 yrs)

13 YEARS
Flu Vaccine

14 YEARS
Flu Vaccine

15 YEARS
Flu Vaccine

16 YEARS
Flu vaccine, MCV4 second dose and any missed immunizations

17 YEARS
Flu Vaccine

18 YEARS +
Flu Vaccine

Please refer to the CDC’s recommended shot schedule for more details.
<table>
<thead>
<tr>
<th>DISEASE</th>
<th>VACCINE</th>
<th>DISEASE SPREAD BY</th>
<th>DISEASE SYMPTOMS</th>
<th>DISEASE COMPlications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chickenpox</td>
<td>Varicella vaccine protects against chickenpox</td>
<td>Air, direct contact</td>
<td>Rash, tiredness, headache, fever</td>
<td>Infected blisters, bleeding disorders, encephalitis (brain swelling), pneumonia (Infection in the lungs), death</td>
</tr>
<tr>
<td>Dengue</td>
<td>Dengue vaccine protects against dengue</td>
<td>Bite from infected mosquito</td>
<td>May be no symptoms, fever, headache, pain behind the eyes, rash, joint pain, body ache, nausea, loss of appetite, feeling tired, abdominal pain</td>
<td>Severe bleeding; seizures; shock; damage to liver, heart and lungs; death</td>
</tr>
<tr>
<td>Diphtheria</td>
<td>Tdap* and Td** vaccines protect against diphtheria</td>
<td>Air, direct contact</td>
<td>Sore throat, mild fever, weakness, swollen glands in neck</td>
<td>Swelling of the heart muscle, heart failure, coma, paralysis, death</td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>HepA vaccine protects against hepatitis A</td>
<td>Direct contact, contaminated food or water</td>
<td>May be no symptoms, fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice (yellowing of skin and eyes), dark urine</td>
<td>Liver failure, arthralgia (joint pain), kidney, pancreatic and blood disorders, death</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>HepB vaccine protects against hepatitis B</td>
<td>Contact with blood or body fluids</td>
<td>May be no symptoms, fever, headache, weakness, vomiting, jaundice (yellowing of skin and eyes), joint pain</td>
<td>Chronic liver infection, liver failure, liver cancer, death</td>
</tr>
<tr>
<td>Human Papillomavirus</td>
<td>HPV vaccine protects against human papillomavirus</td>
<td>Direct skin contact</td>
<td>May be no symptoms, genital warts</td>
<td>Cervical, vaginal, vulvar, penile, anal, oropharyngeal cancers</td>
</tr>
<tr>
<td>Influenza (Flu)</td>
<td>Flu vaccine protects against influenza</td>
<td>Air, direct contact</td>
<td>Fever, muscle pain, sore throat, cough, extreme fatigue</td>
<td>Pneumonia (Infection in the lungs), bronchitis, sinus infections, ear infections, death</td>
</tr>
<tr>
<td>Measles</td>
<td>MMR*** vaccine protects against measles</td>
<td>Air, direct contact</td>
<td>Rash, fever, cough, runny nose, pink eye</td>
<td>Encephalitis (brain swelling), pneumonia (Infection in the lungs), death</td>
</tr>
<tr>
<td>Meningococcal Disease</td>
<td>MenACWY and MenB vaccines protect against meningococcal disease</td>
<td>Air, direct contact</td>
<td>Sudden onset of fever, headache, stiff neck, dark purple rash</td>
<td>Loss of limb, deafness, nervous system disorders, developmental disabilities, seizure disorder, stroke, death</td>
</tr>
<tr>
<td>Mumps</td>
<td>MMR*** vaccine protects against mumps</td>
<td>Air, direct contact</td>
<td>Swollen salivary glands (under the jaw), fever, headache, tiredness, muscle pain</td>
<td>Meningitis (Infection of the covering around the brain and spinal cord), encephalitis (brain swelling), inflammation of testicles or ovaries, deafness, death</td>
</tr>
<tr>
<td>Pertussis</td>
<td>Tdap* vaccine protects against pertussis</td>
<td>Air, direct contact</td>
<td>Severe cough, runny nose, apnea (a pause in breathing in infants)</td>
<td>Pneumonia (Infection in the lungs), death</td>
</tr>
<tr>
<td>Pneumococcal Disease</td>
<td>Pneumococcal vaccine protects against pneumococcal disease</td>
<td>Air, direct contact</td>
<td>May be no symptoms, pneumonia (Infection in the lungs)</td>
<td>Bacteremia (blood infection), meningitis (Infection of the covering around the brain and spinal cord), death</td>
</tr>
<tr>
<td>Polio</td>
<td>Polio vaccine protects against polio</td>
<td>Air, direct contact, through the mouth</td>
<td>May be no symptoms, sore throat, fever, nausea, headache</td>
<td>Paralysis, death</td>
</tr>
<tr>
<td>Rubella</td>
<td>MMR*** vaccine protects against rubella</td>
<td>Air, direct contact</td>
<td>Sometimes rash, fever, swollen lymph nodes</td>
<td>Very serious in pregnant women—can lead to miscarriage, stillbirth, premature delivery, birth defects</td>
</tr>
<tr>
<td>Tetanus</td>
<td>Tdap* and Td** vaccines protect against tetanus</td>
<td>Exposure through cuts on skin</td>
<td>Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever</td>
<td>Broken bones, breathing difficulty, death</td>
</tr>
</tbody>
</table>

*Tdap combines protection against diphtheria, tetanus and pertussis.  
**Td combines protection against diphtheria and tetanus.  
***MMR combines protection against measles, mumps and rubella.

If you have any questions about your child’s vaccines, talk to your child’s doctor or nurse.