



KEEP YOUR CHILD ON TRACK

Schedule a wellness visit with a pediatrician today.

The early years of your child's life help provide the foundation for a healthy future.

That's why wellness check-ups are one of the best ways to keep your child's health and development on track. They give your pediatrician a way to spot any health issues earlier, when they're often easier to treat.

Your child's check-up. Your check-in.

Taking your child to regular wellness check-ups gives your pediatrician the chance to detect potential health problems, as well as encourage positive health behaviors. They also give you the chance to ask questions and talk about:

- Height/weight
- Body mass index (BMI)
- Hearing/vision
- Growth/development
- Eating, exercise and sleep
- Immunizations



The American Academy of Pediatrics recommends that after the first-week visit (at 3 to 5 days old), your child should see a pediatrician for a check-up at age:*

- | | | |
|-----------------------------------|------------------------------------|-----------------------------------|
| <input type="checkbox"/> 1 month | <input type="checkbox"/> 9 months | <input type="checkbox"/> 2 years |
| <input type="checkbox"/> 2 months | <input type="checkbox"/> 12 months | <input type="checkbox"/> 2½ years |
| <input type="checkbox"/> 4 months | <input type="checkbox"/> 15 months | <input type="checkbox"/> 3 years |
| <input type="checkbox"/> 6 months | <input type="checkbox"/> 18 months | |

Thereafter, your child should visit their pediatrician annually.

Together, all the way.®

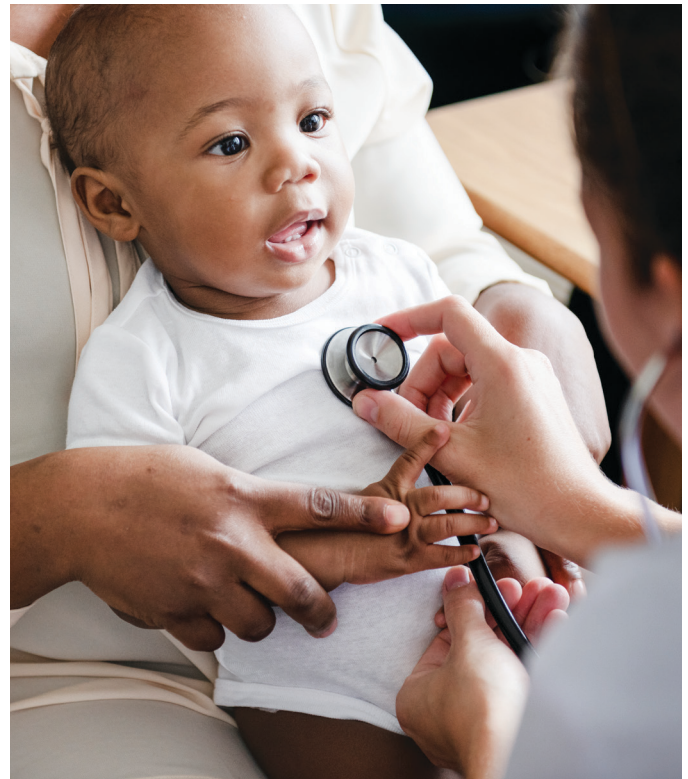


Common vaccines for children.

Vaccinations (immunizations) can help protect your child from disease. Here are the ones your pediatrician may recommend from birth through age 3.**

- › **DTaP:** Helps prevent diphtheria, tetanus and pertussis (whooping cough).
- › **IPV:** Helps prevent polio.
- › **Flu:** Helps prevent influenza.
- › **MMR:** Helps prevent measles, mumps and rubella.
- › **VAR:** Helps prevent varicella (chickenpox).
- › **HIB:** Helps prevent influenza type B.
- › **RV:** Helps prevent rotavirus.
- › **PCV:** Helps prevent pneumonia.
- › **HepA:** Helps prevent hepatitis A.
- › **HepB:** Helps prevent hepatitis B.

Visit [cdc.gov/vaccines](https://www.cdc.gov/vaccines) for more information.



Schedule your child's check-up today.

Eligible routine preventive care is 100% covered when you use an in-network pediatrician. See your brochure (RI 71-009) for details.

High Option Plan: 888.636.NALC (888.636.6252)
CDHP/Value Option Plan: 855.511.1893

* HealthyChildren.org. (2021, September 15). "AAP Schedule of Well-Child Care Visits." American Academy of Pediatrics. <https://healthychildren.org/English/family-life/health-management/Pages/Well-Child-Care-A-Check-Up-for-Success.aspx>

** Centers for Disease Control and Prevention (CDC). (2022, February 17). "Child and Adolescent Immunization Schedule." <https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html>

This information is for educational purposes only and is not medical advice. Always consult with your doctor for appropriate examinations, treatment, testing and care recommendations.