



# PARENTS

**It's time to take control of your child's health.**

### Let's stay better together.

At the NALC Health Benefit Plan, we're committed to helping you and your family get and stay healthy. And providing easy-to-use tools and resources is one of the many ways we do it.

### Use this checklist to stay in the know about your child's health.

Bring it with you to your child's next appointment. Your pediatrician or family practitioner will provide you with recommendations for vaccinations and help make sure your child stays up to date. Record the details here, like current and future test dates, results, and any questions you need answered.

AGE	HEIGHT/LENGTH	WEIGHT	BODY MASS INDEX (BMI)	DATE OF VISIT	NOTES/QUESTIONS, PROVIDER'S RECOMMENDATIONS
Birth					
1 month					
2 months					
4 months					
6 months					
9 months					
12 months					
15 months					
18 months					
24 months					
30 months					
3 years					
4 years					
5 years					
6 years					
7 years					
8 years					
9 years					
10 years					
11 and 12 years					
13 and 14 years					
15 and 16 years					
17 and 18 years					

Recommended screenings	Birth to 2 years	Ages 3–10	Ages 11–18
Size measurements	Weight, length and head circumference at each visit; BMI – 24 and 30 months	Height, weight and BMI at each visit	
Vision screening		Ages 3, 4, 5, 6, 8 and 10, or as your doctor advises	Ages 12, 15 and 18, or as your provider advises
Hearing screening	All newborns by 1 month	Ages 4, 5, 6, 8 and 10, or as your provider advises	
Fluoride	Older than 6 months, evaluate for sufficient fluoride in drinking water		
Cholesterol		Screening children and adolescents (after age 2 but by age 10) at risk	
Hemoglobin or hematocrit	12 months		

## Children’s wellness checklist

Recommended immunization schedule	Birth	1 month	2 months	4 months	6 months	9 months	12 months	15 months	18 months	19–23 months	2–3 years	4–6 years
Hepatitis B	HepB	HepB			HepB							
Rotavirus			RV	RV	RV							
Diphtheria, tetanus, pertussis			DTaP	DTaP	DTaP			DTaP				DTaP
Haemophilus influenzae type b			Hib	Hib	Hib		Hib					
Pneumococcal			PCV	PCV	PCV		PCV					PPSV
Inactivated poliovirus			IPV	IPV	IPV							IPV
Influenza					Influenza (yearly)							
Measles, mumps, rubella							MMR					MMR
Varicella							Varicella					Varicella
Hepatitis A							HepA				HepA series	
Meningococcal						MCV4						

Recommended immunization schedule	7–10 years	11–12 years	13–18 years
Tetanus, diphtheria, pertussis	Tdap	Tdap	Tdap
Human papillomavirus		HPV (3 doses)	HPV series
Meningococcal	MCV4	MCV4	MCV4 booster at 16 yrs
Pneumococcal	Pneumococcal		
Influenza	Influenza (yearly)		
Hepatitis A	HepA series		
Hepatitis B	HepB series		
Inactivated poliovirus	IPV series		
Measles, mumps, rubella	MMR series		
Varicella	Varicella series		

Range of recommended ages
  Range of recommended ages and certain high-risk groups
  Catch-up immunizations
  Certain high-risk groups

## Schedule your child’s wellness visit today.

Visit [www.nalchbp.org](http://www.nalchbp.org) to find a PPO pediatrician or family practitioner near you.



For recommendations on ways to keep your family healthy, including healthy eating suggestions and exercise tips, visit the websites below:

[cdc.gov/HealthyLiving](https://cdc.gov/HealthyLiving) • [children.webmd.com](https://children.webmd.com) • [choosemyplate.gov](https://choosemyplate.gov)

**NOTE:** These preventive health recommendations are based on recommendations from the Advisory Committee on Immunization Practices, U.S. Preventive Services Task Force, American Academy of Pediatrics, and other nationally recognized authorities. For additional information on immunizations, visit the immunization schedule section of [cdc.gov](https://cdc.gov). This document is a general guide. Always discuss your child's particular care needs with your doctor. The immunization schedule is reprinted with permission from the Centers for Disease Control and Prevention.

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