

Exams

3–5 days old; 48–72 hours after discharge from hospital*; At months **1–12, 15 and 18**; At 2 years and **30 months**. Annual exam from age **3 to 12 years**.

*Should include evaluation for feeding and jaundice; breast-fed infants to receive formal breast-feeding evaluation, encouragement and instruction

Routine Screenings/Tests

- **Assessment** of pubertal status, behavior and tobacco exposure/use
- **Autism**: screening at 18 and 24 months
- **Blood pressure** screening for infants at risk under age 3; annually after age 3
- **Blood sugar level**: annual screening beginning at age 12
- **Cervical cancer**: screening every two years within three years of sexual activity
- Age-appropriate **developmental screenings**
- **Developmental delays**: screening at 9, 18 and 30 months
- **Hemoglobin/hematocrit**: screening at 4 and 18 months; annually for children ages 2 to 10 years; annual risk assessment for children ages 11 to 12 years
- **Length and head circumference** (up to 24 months), **height and weight**; screen for obesity and record Body Mass Index starting at age 2
- **Objective hearing** screening at ages newborn, 4, 5, 6, 8 and 10 years
- **Objective vision** screening at ages newborn, 3, 4, 5, 6, 8, 10 and 12 years**
- **Sickle-cell disease**: screening for all newborns; hereditary/metabolic screening by first month
- **Subjective hearing** screening at ages newborn, 3, 7, 9, 11 and 12 years; screening at 1 week, and 2, 4, 6, 9, 12, 15, and 18 months for high-risk children
- **Subjective vision** screening at ages newborn, 2, 7, 9 and 11 years; screening at 1 week, and 1, 2, 4, 6, 9, 12, 15, and 18 months for high-risk children**
- **Tuberculosis**: screening at 1, 6, 12 and 18 months; annual screening beginning at age 2
- **Urinalysis** for bacteria

Other Recommended Screenings/Tests

Please review to see if any of the following screenings are applicable for you or your family.

- **Chlamydia and gonorrhea**: annual screenings of all high-risk persons starting at age 11
- **Cholesterol level**: screening for high-risk children at ages 2, 4, 6, 8, 10, 11 and 12 years; once before age 10 if not at risk
- **Congenital hypothyroidism, hemoglobinopathy and PKU (phenylketonuria)** screenings for newborns
- **Diabetes**: screening as clinically indicated beginning at age 12, especially if sustained blood pressure is greater than 135/80
- **Fasting plasma glucose or two-hour postload glucose**: every two years for those at high-risk beginning at age 10 or at onset of puberty
- **Gonococcal ophthalmia neonatorum**: topical medication for all newborns
- **Hepatitis C**: screening for high-risk children and adolescents
- **HIV**: screening for infants born to mothers whose HIV status is unknown; annual screening of all high-risk persons starting at age 11
- **Lead**: risk assessment questionnaire at 6 months; blood test at 6, 9, 12 and 18 months, and annually between 2 and 6 years
- **Rubella**: screening for susceptibility in all females of childbearing age

**Vision screenings between ages 3 and 5 should include age-appropriate visual acuity measurement and ophthalmoscopy; eye exam for amblyopia and strabismus



For detailed, up-to-date immunization schedule information, please view the Centers for Disease Control and Prevention's schedules, which are available at cdc.gov/vaccines/recs/schedules/child-schedule.htm.

- **DTaP (Diphtheria, Tetanus, Pertussis)**
- **Hepatitis A**
- **Hepatitis B**
- **Hib (Haemophilus Influenza)**
- **Human Papillomavirus quadrivalent (HPV4) or bivalent (HPV2)**
- **MMR (Measles, Mumps, Rubella)**
- **Meningococcal conjugate vaccine (MCV4) or the polysaccharide vaccine (MPSV4)**
- **Pneumococcal conjugate vaccine (PCV) or a booster pneumococcal polysaccharide vaccine (PPV)**
- **Polio (IPV)**
- **Rotavirus**
- **Seasonal influenza vaccine**
- **Varicella (Chickenpox)**

See next page for important information on counseling



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Dental Health

- Risk of baby bottle tooth decay
- Toothbrushing beginning at 6 months
- Flossing and referral for regular dental visits within six months of first tooth (no later than age 1)
- Fluoride supplements to prevent dental decay for children under 16 living in areas with inadequate water fluoridation

Diet and Exercise

- Breast-feeding for newborns to 18 months
- Starting at 18 months old: Limit fat, sweets and between-meal snacks
- Promote age-appropriate physical activities/exercise
- Limit television and computer/video games
- Counsel females ages 11 and older about maintaining calcium intake to prevent osteoporosis
- Refer overweight children ages 6 and older to comprehensive weight management counseling programs

Injury Prevention

- Safety: importance of child seats, smoke detectors, water temperature (<120° F), stairway gates, window guards, pool fences, outlet covers, ipecac syrup and poison control number; education about drugs, household chemicals, electrical cords and domestic violence
- Sudden Infant Death Syndrome (SIDS): place infants on their backs when putting them to sleep
- Over age 4: warnings about strangers, bicycle safety, safety belts, helmets and protective padding; education about drugs, household chemicals, firearms and matches

Sexual Practices

- Sex education discussions, if appropriate

Substance Abuse

- Discourage use of alcohol, drugs and tobacco
- Promote cessation of alcohol, drug and tobacco use, if appropriate

Other

- Effects of passive smoking
- Dangers of sun exposure
- Counsel about domestic violence
- Use of iron supplements

See previous page for important information on screenings and immunizations



Guidelines were created based on information from organizations such as the Centers for Disease Control and Prevention (CDC), the Advisory Committee on Immunization Practices (ACIP), the American Academy of Family Physicians (AAFP) and the American Academy of Pediatrics (AAP).

Screening, immunization and counseling guidelines are recommendations only. Members should follow their providers' medical judgment. Recommendations may not be covered benefits under all BCBSD plans. Please consult your benefits material.

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