

CHECKLIST FOR CHILDREN'S HEALTH

MAKE PREVENTIVE CARE A PRIORITY

When it comes to children, ensuring a healthy future starts with taking healthy steps today. That's why preventive care services are covered at no additional cost to you.* Use this checklist to keep the most essential screenings and doctor visits top of mind.

<input checked="" type="checkbox"/>	What	Who + When	Why
<input type="checkbox"/>	 Well-Child Visit	Infant 6 visits your baby's first year Toddler 15, 18, 24, and 30 months Age 3 and older Annually	Regular well-child visits allow your doctor to check your child's growth and development, and stay on track with recommended immunizations. These visits are a good time for you to ask questions about sleep, nutrition, behavior, safety and learning milestones.
<input type="checkbox"/>	 Autism Screening	Age 18 and 24 months	Typically performed during a well-child visit, your doctor will assess your child's behavior for any early signs of developmental challenges.
<input type="checkbox"/>	 Blood Pressure Screening	Age 3 and older Annually	High blood pressure doesn't just affect adults. Like most conditions, if it's identified early it's easier to treat.
<input type="checkbox"/>	 Depression Screening	Age 12 and older Annually	Depression is a serious mental health issue that often goes undetected among adolescents and can affect virtually every aspect of life.
<input type="checkbox"/>	 Hearing Screening	Newborn Age 11-14 years Once Age 15-18 years Once Age 18-21 years Once	All babies receive a hearing screening in the hospital. Early screenings can help prevent delays in speech and language development caused by hearing problems.
<input type="checkbox"/>	 Immunization Vaccines	Everyone As directed by your doctor Should be evaluated at every visit.	From whooping cough and rotavirus to measles and the flu, vaccines are a safe and effective way to protect your child from a wide range of potentially serious diseases.
<input type="checkbox"/>	 Lead Screening	Ages 12 and 24 months New York State requirement Risk assessments are completed at each visit from 6m to 6 yrs of age.	Too much lead in the blood of small children and pregnant women can result in serious developmental issues.
<input type="checkbox"/>	 Obesity Screening and Counseling	Each visit beyond 24 months Calculated by Body Mass Index (BMI)	Healthy habits that start young have a better chance of becoming a lifestyle. Get your child off to a good start.
<input type="checkbox"/>	 Oral Health Risk Assessment	Age 6 months Age 9 months Age 1-4 years Age 5-10 years	Your doctor can determine if your child is at a high risk of tooth decay and/or oral disease and refer you to a dentist early if necessary.
<input type="checkbox"/>	 Vision Screening	Age 3, 4, 5, 6, 8, 10, 12, and 15 years	Even if your child doesn't show any symptoms of eye problems, regular vision checkups are essential.

These are just some of the preventive care services available to you. For a full list of what's covered, visit [ExcellusBCBS.com/PreventiveCare](https://www.excellusbcbs.com/PreventiveCare)



Download the **Excellus BCBS mobile app** and register your online account.



*A well visit or preventive service can sometimes turn into a "sick visit," in which out-of-pocket expenses for deductible, copay and/or coinsurance may apply. There may also be other services performed in conjunction with the above preventive care services that might be subject to deductible, copay and/or coinsurance. Does not include procedures, injections, diagnostic services, laboratory and X-ray services, or any other services not billed as preventive services.