

# 2010 ADVANTAGE Health Solutions Preventive Health Guidelines

## Childhood Routine Preventive Care Recommendations

**Note:** This information is not a description of benefits. Please refer to your benefits description materials for the terms, limitations, and exclusions of your coverage. Use this as a guide in scheduling routine care appointments for your family. Your physician can make more specific recommendations based on your health risks.

Screenings:	0-1 Years (Infancy)	1-4 Years (Early Childhood)	5-10 Years (Middle Childhood)	11-18 Years (Adolescence)
Physicals/Health Assessments	Ages 1-2 weeks and 1, 2, 4, 6, 9 and 12 months.	Annually, or as recommended by physician.		
Height and Weight		Ages 15, 18, and 24 months and 3 years.	Between 4-6 years and 7-10	Between 11-12 and 14-18
Head Circumference	Ages birth-2 months, 2, 4, 6, 9, and 12 months			
Total Blood Cholesterol			If indicated by family history.	
Blood Pressure Screening	Should be done periodically, frequency to be determined by physician.			
Hemoglobinopathy Screen	Between birth-2 months			
Phenylalanine Screen (PKU) Birth	Between birth-2 months			
T4 and/or TSH	Between birth-2 months			
Ocular Prophylaxis	Between birth-2 months			
Vision Screening		Initial screening 3-4 years	Should be done periodically, frequency to be determined by physician.	

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Screening for Hearing Impairment	Should be done periodically, frequency to be determined by physician.			
Dilated Retinal Examination for Members with Diabetes	Annually, as determined by physician.			
Blood Lead Measurement		Initial screening at 12 months.	Should be done periodically, frequency to be determined by physician.	
Clinical Breast Exam				Initial screening between 14-18
Pelvic Exam/Pap Smear				Perform exam at 3 years after first sexual intercourse, or by age 21 years and every 1-3 years thereafter based on risk factors.
Chlamydia Screening				Initial screening between 14-18
<b>Education and Counseling:</b>				
All parents and patients should be periodically screened and counseled as appropriate regarding breast feeding/formula, infant sleeping positions, dietary intake/nutrition, physical activity, obesity and eating disorders, sun protection, tobacco usage, alcohol and substance abuse, prescription drug misuse and abuse, signs and symptoms of depression, injury prevention/safety, family violence and abuse, parenting and sexual activity.				


- Not Nationally Recommended for this Age Group
- Range of Recommended Ages
- Recommended for Certain High-Risk Groups
- Frequency Determined by Physician

\*This schedule indicates the recommended ages for routine preventive care, as of February 1, 2010, for children through age 18 years. ADVANTAGE Health Solutions, Inc. adopts the most current recommendations approved by the U.S. Preventive Clinical Task Force. Additional screenings may be licensed and recommended throughout the year. For more information regarding the preventive guidelines, visit <http://www.ahrq.gov/clinic/cps3dix.htm>