

## Regular health visits can help your child to stay healthy.



- If your child is a new member, take him/her to see the doctor **right away** for the first health visit.
- Your doctor can give you advice on what to expect at different stages of your child's growth.

## Well-child and Teen Health Services (11-19 Years)

Health Services	When to go to the doctor
<b>Wellness Visit</b> Medical and Family Health History Physical Exam and Blood Pressure Eyesight and Hearing Growth and Development Physical Activity Healthy Eating Behavior	Each year or as the doctor recommends
<b>Anemia Test</b> Low iron can cause tiredness and headaches	The doctor may recommend testing if at risk
<b>Dental/Oral Checkup</b> Looks for tooth decay and gum disease	Every 6 Months
<b>Sexually Transmitted Diseases (STDs)</b> Chlamydia, Gonorrhea, Syphilis Human Immunodeficiency Virus (HIV)	The doctor may recommend testing if at risk
<b>Tuberculosis (TB) Test</b> Tuberculosis can cause lung and brain damage	The doctor may recommend testing if at risk
<b>Cholesterol Test</b> High cholesterol can damage the heart	Get tested between ages: <input type="checkbox"/> 9-11 years and <input type="checkbox"/> 18-21 years
<b>Checks for Skin Cancer Risk</b>	The doctor may recommend testing if at risk
<b>Checks for Depression and Anxiety</b>	Every year starting at age 11
<b>Checks for Alcohol and Drug Use</b>	Every Year starting at age 11

Your child may need these health services more or less often.



## Which health topics would you like to talk to your doctor about?

- Abuse and Violence
- Asthma
- Breast Feeding
- Dental Health
- Diabetes
- Drug and Alcohol Problems
- Eye Health
- Exercise
- Family Planning, Birth Control
- Healthy Foods and Eating
- High Blood Pressure
- Parenting
- Pregnancy Health
- Safety
- STDs and HIV
- Quitting Smoking
- Weight Concerns
- Other \_\_\_\_\_



<b>Member Services</b>	1.888.285.7801 TTY/TDD 1.888.757.6034	1.800.605.2556 TTY/TDD 1.800.735.2929	1.888.839.9909 TTY/TDD 711
<b>Nurse Advice Line 24/7 for health questions</b>	1.800.224.0336 TTY/TDD 1.800.368.4424	1.800.605.2556 TTY/TDD 1.800.735.2929	1.800.249.3619 TTY/TDD 711
<b>Website</b>	<a href="http://anthem.com/ca">anthem.com/ca</a>	<a href="http://care1st.com">care1st.com</a>	<a href="http://lacare.org">lacare.org</a>

# HOW TO HELP KEEP YOUR CHILD OR TEEN *Healthy*



## Health Services for Children and Teens

Use this guide to help you:



Learn what health services your child can get from the doctor



Find out which services are right for your child



Keep track of the services your child gets.



Sources for information within these Preventative Health Guidelines: The American Academy of Pediatrics, American Academy of Pediatric Dentistry; Centers for Disease Control and Prevention, U.S. Preventive Services Task Force, California Department of Public Health, and Los Angeles County Department of Public Health.

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Developed by L.A. Care Health Plan working with Anthem Blue Cross and Care 1st Health Plans. Together, we provide Medi-Cal Managed Care Services in Los Angeles County.



## Keep Your Child or Teen Healthy!

- Keeping your child healthy starts with getting the right health services at the right time.
- These services look for problems early, when they may be easier to treat.
- Take your child to see the doctor each year for wellness visits.

### Well-baby and Child Health Services (0-10 Years)

Health Services	When to go to the doctor
<b>Well Care Visit:</b> Medical and Family Health History Physical Exam and Blood Pressure Eyesight and Hearing Growth and Development Physical Activity Healthy Eating Behavior	<input type="checkbox"/> [MM/DD/YY] 2-3 days after hospital discharge <input type="checkbox"/> [MM/DD/YY] 1 Month <input type="checkbox"/> [MM/DD/YY] 2 Months <input type="checkbox"/> [MM/DD/YY] 4 Months <input type="checkbox"/> [MM/DD/YY] 6 Months <input type="checkbox"/> [MM/DD/YY] 9 Months <input type="checkbox"/> [MM/DD/YY] 12 Months (1 year) <input type="checkbox"/> [MM/DD/YY] 15 Months <input type="checkbox"/> [MM/DD/YY] 18 Months <input type="checkbox"/> [MM/DD/YY] 24 Months (2 years) <input type="checkbox"/> [MM/DD/YY] 30 Months <input type="checkbox"/> [MM/DD/YY] Each year there after
<b>Autism Screening</b> Tests for communication problems	<input type="checkbox"/> [MM/DD/YY] 18 Months <input type="checkbox"/> [MM/DD/YY] 24 Months
<b>Anemia Test</b> Low iron can cause tiredness and headaches	<input type="checkbox"/> [MM/DD/YY] 12 Months
<b>Oral Health</b> Checks for oral and dental health	Take your baby to the dentist when the first tooth shows and no later than 12 months. Take your child to the dentist every 6 months. California law requires your child to have a dental checkup by May 31st of his or her first school year.
<b>Lead Screening</b> Lead poisoning can cause brain damage and learning problems	The doctor may recommend screening if at risk
<b>Tuberculosis (TB) Test</b> Tuberculosis can cause lung and brain damage	The doctor may recommend screening if at risk
<b>Cholesterol Test</b> High cholesterol can damage the heart	The doctor may recommend screening if at risk

Your child may need these health services more or less often.



## Get Your Child or Teen the Right Shots at the Right Time

- Vaccines (shots) help keep children and teens healthy by protecting them from serious health problems.
- Shots are quick and easy and can prevent years of illness.

These Shots:	Help Prevent:	Get this Number of Shots	Age Range																	
			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	7-10 Years	11-12 Years	13-15 Years	16-18 Years		
★ <b>HepB</b> Hepatitis B	Liver Disease, Cancer	3	<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>											
<b>RV</b> Rotavirus	Severe Diarrhea, Dehydration	2 or 3			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>													
★ <b>DTaP/Tdap</b> Diphtheria/Tetanus/Pertussis	Breathing Problems, Muscle Spasms, Pneumonia (lung inflammation)	5 DTaP 1 Tdap			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				<input type="checkbox"/>					<input type="checkbox"/>		<input type="checkbox"/>		
<b>Hib</b> Haemophilus Influenzae	Meningitis (brain infection), Pneumonia, Blood Infection	3 or 4			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>										
<b>PCV</b> Pneumococcal	Pneumonia, Meningitis	4			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>										
★ <b>IPV</b> Inactivated Polio Vaccine	Muscle Paralysis, Disabilities, Deformities	4			<input type="checkbox"/>	<input type="checkbox"/>				<input type="checkbox"/>							<input type="checkbox"/>			
<b>Flu</b> Influenza	Pneumonia, Bronchitis (lung inflammation), Ear and Sinus Infections	Each Year								Get your child the flu shot each year										
★ <b>MMR</b> Measles, Mumps, Rubella	Pneumonia, Deafness, Brain Damage	2								<input type="checkbox"/>							<input type="checkbox"/>			
★ <b>VAR</b> Varicella (chickenpox)	Blisters, Skin Infections, Nerve Damage, Vision Loss (eyesight)	2								<input type="checkbox"/>							<input type="checkbox"/>			
<b>HepA</b> Hepatitis A	Fever, Diarrhea, Tiredness	2								<input type="checkbox"/>		<input type="checkbox"/>								
<b>HPV</b> Human Papillomavirus	Cervical Cancer, Genital Warts	3															<input type="checkbox"/>	<input type="checkbox"/>		
<b>MCV4</b> Meningococcal (Meningitis)	Meningitis, Brain Damage, Hearing Loss, Learning Disabilities	2															<input type="checkbox"/>	<input type="checkbox"/>		

Stay up to date with your child's vaccines. The colored boxes above show the age range when shots are recommended. Your child's doctors may suggest different times than those listed above.

### ★ Shots for School

California requires all children to have these shots before attending school grades K-12. If your child misses a shot you don't need to start over. Just go back to your child's doctor for the next shot.