

How to Help Keep Your Child or Teen *Healthy*

Health Services for Children and Teens



L.A. Care
HEALTH PLAN[®]

For All of L.A.



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.



Developed by L.A. Care Health Plan working with Anthem Blue Cross and Blue Shield of California Promise Health Plan. 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 well-care visits.

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

Health Services	When to go to the doctor
<p>Well-care Visits Medical and Family Health History Physical Exam and Blood Pressure Eyesight and Hearing Growth and Development Physical Activity Healthy Eating Behavior Body Mass Index (BMI)</p>	<ul style="list-style-type: none"> <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 thereafter
<p>Autism Screening Tests for communication problems</p>	<ul style="list-style-type: none"> <input type="checkbox"/> [MM/DD/YY] 18 Months <input type="checkbox"/> [MM/DD/YY] 24 Months
<p>Anemia Test Low iron can cause tiredness and headaches</p>	<ul style="list-style-type: none"> <input type="checkbox"/> [MM/DD/YY] 12 Months
<p>Oral Health Checks for oral and dental health</p>	<p>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.</p>
<p>Fluoride Varnish Brushed on teeth to prevent tooth decay</p>	<p>Fluoride varnish may be used as soon as teeth are present. Brushed on teeth 4 times a year until age 5 years</p>
<p>Lead Screening Lead poisoning can cause brain damage and learning problems</p>	<p>The doctor may recommend screening if at risk</p>
<p>Tuberculosis (TB) Test Tuberculosis can cause lung and brain damage</p>	<p>The doctor may recommend screening if at risk</p>
<p>Cholesterol Test High cholesterol can damage the heart</p>	<p>The doctor may recommend screening if at risk</p>

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

Stay up to date with your child's vaccines. The colored boxes above show the age range when shots are recommended. Your child's doctor 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.

To order additional copies, visit www.lacare.org/providers/provider-resources/tools-toolkits/health-education-tools

Regular health visits can help your child to stay healthy.



- ✓ If your child is a new member, take him/her to see the doctor for their 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
Well-care Visits Medical and Family Health History Physical Exam and Blood Pressure Eyesight and Hearing Growth and Development Physical Activity Healthy Eating Behavior Body Mass Index	Each year or as the doctor recommends
Anemia Test Low iron can cause tiredness and headaches	The doctor may recommend testing if at risk
Dental/Oral Checkup Looks for tooth decay and gum disease	Every 6 Months
Diabetes Screening HbA1c test	The doctor may recommend screening if at risk
Sexually Transmitted Diseases (STDs) Chlamydia, Gonorrhea, Syphilis Human Immunodeficiency Virus (HIV) Human Papilloma Virus (HPV)	The doctor may recommend screening if at risk
Tuberculosis (TB) Test Tuberculosis can cause lung and brain damage	The doctor may recommend screening if at risk
Cholesterol Test High cholesterol can damage the heart	The doctor may recommend testing if at risk
Check for Skin Cancer Risk	The doctor may recommend screening if at risk
Check for Depression and Anxiety	Every year starting at age 11
Check for Alcohol and Drug Use	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 with the doctor about?

- Abuse and Violence
- Asthma
- Body Mass Index (BMI)
- Breast Feeding
- Dental Health
- Diabetes
- Eye Health
- Exercise, Physical Activity, and Sports
- Family Planning, Birth Control
- Healthy Foods and Eating
- High Blood Pressure
- Human Papilloma Virus (HPV) vaccine
- Mental Health Concerns
- Parenting
- Pregnancy Health
- Safety
- Screen Time/Video Games
- STDs and HIV
- Quitting Smoking
- Weight Concerns



Member Services

1.888.285.7801
TTY **1.888.757.6034**

1.800.605.2556
TTY **1.800.735.2929**

L.A. Care Covered™
1.855.270.2327 (TTY 711)
Medi-Cal
1.888.839.9909

Nurse Advice Line 24/7 for health questions

1.800.224.0336
TTY **1.800.368.4424**

1.800.605.2556
TTY **1.800.735.2929**

1.800.249.3619 (TTY 711)

Website

anthem.com/ca

blueshieldca.com

lacare.org

My Doctor's Name: _____

My Doctor's Phone Number: _____

Questions I have for my Doctor:

My Specialist's Name: _____

My Specialist's Phone Number: _____

Questions I have for my Specialist:



Sources for information within these Preventive 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.