

# Preventive Health Guidelines for Members

## Birth – 9 months

Check the health benefit for specific preventive care coverage.

Checklist	Newborn	3-5 days	1 mo.	2 mos.	4 mos.	6 mos.	9 mos.
History	Always	Always	Always	Always	Always	Always	Always
Length/height and weight	Always	Always	Always	Always	Always	Always	Always
Head circumference	Always	Always	Always	Always	Always	Always	Always
Weight for length	Always	Always	Always	Always	Always	Always	Always
Blood pressure	At Risk	At Risk	At Risk	At Risk	At Risk	At Risk	At Risk
Vision	At Risk	At Risk	At Risk	At Risk	At Risk	At Risk	At Risk
Hearing	Always	Verify results and follow up as appropriate			At Risk	At Risk	At Risk
Developmental screening	Not applicable	Not applicable	Not applicable	Not applicable	Not applicable	Not applicable	Always
Developmental surveillance	Always	Always	Always	Always	Always	Always	Not applicable
Psychosocial/behavior assessment	Always	Always	Always	Always	Always	Always	Always
Physical exam	Always	Always	Always	Always	Always	Always	Always
Maternal depression screening	Not applicable	Not applicable	Always	Always	Always	Always	Not applicable
Newborn metabolic/hemoglobin screening	Once during this timeframe. Preferred age is 3–5 days.		Not applicable				
Newborn Bilirubin	Always	Not applicable	Not applicable	Not applicable	Not applicable	Not applicable	Not applicable
Congenital heart defect	Always	Not applicable	Not applicable	Not applicable	Not applicable	Not applicable	Not applicable
Immunizations	Always	Always	Always	Always	Always	Always	Always
Anemia	Not applicable	Not applicable	Not applicable	Not applicable	At Risk	Not applicable	Not applicable
Lead screening	Not applicable	Not applicable	Not applicable	Not applicable	Not applicable	At Risk	At Risk
Tuberculin test	Not applicable	Not applicable	At Risk	Not applicable	Not applicable	At Risk	Not applicable
Oral health	Not applicable	Not applicable	Not applicable	Not applicable	Not applicable	Always	Always
Fluoride varnish (every 3 to 6 months once teeth are present)	Not applicable	Not applicable	Not applicable	Not applicable	Not applicable	Always	Always
Fluoride supplementation	Not applicable	Not applicable	Not applicable	Not applicable	Not applicable	At Risk	At Risk

**Anticipatory guidance examples (see Bright Futures for complete list by age):**

- Newborn transition and care:** back to sleep, daily routines, calming techniques, sleep location, tummy time, handwashing, avoid direct sun exposure
- Parental well-being:** baby blues, accept help, sleep when baby sleeps, unwanted advice
- Nutrition and feeding:** breastfeeding (vitamin D supplement), iron-fortified formula, solid foods 4–6 mos. (types and amounts), elimination, iron supplement, avoid bottle in bed, self-feeding, using a cup
- Safety:** car safety seat, smoke-free environment, no shaking, smoke detectors, crib safety, no strings/cords, poisons, burns (hot water or liquids), falls, infant walkers, drowning, choking, lead poisoning, kitchen safety, window guards, guns
- Infant development/independence:** social development, communication skills, sleep, separation anxiety, learning/developing, no TV
- Oral health:** avoid bottle in bed, brush teeth
- Family adaptations:** limit word “no,” age-appropriate discipline, domestic violence discussion, time for self/partner

★ Provide culturally and linguistically appropriate services. ★

Always    At Risk    Not applicable

These tools were developed by Highmark Blue Shield of Northeastern New York following Centers for Disease Control and Prevention (CDC), American Academy of Pediatrics Bright Futures and Advisory Committee on Immunization Practices (ACIP) recommendations. Please refer to the CDC, Bright Futures and/or the ACIP websites for details. These recommendations do not indicate an exclusive course of treatment or standard of care. Variations, taking into account individual circumstances, may be appropriate.

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# Preventive Health Guidelines for Members

## Early Childhood Chart: 12 months – 4 years

Check the health benefit for specific preventive care coverage.

Checklist	12 mos.	15 mos.	18 mos.	24 mos.	30 mos.	3yrs.	4 yrs.
History	Always						
Length/height and weight	Always						
Head circumference	Always	Always	Always	Always	Not applicable	Not applicable	Not applicable
Weight for length	Always	Always	Always	Not applicable	Not applicable	Not applicable	Not applicable
Body mass index (BMI)	Not applicable	Not applicable	Not applicable	Always	Always	Always	Always
Blood pressure	At Risk	Always	Always				
Vision	At Risk	Always	Always				
Hearing	At Risk	Always					
Developmental screening	Not applicable	Not applicable	Always	Not applicable	Always	Not applicable	Not applicable
Autism screening	Not applicable	Not applicable	Always	Always	Not applicable	Not applicable	Not applicable
Developmental surveillance	Always	Always	Not applicable	Always	Not applicable	Always	Always
Psychosocial/behavior assessment	Always						
Physical exam	Always						
Immunizations	Always						
Anemia	Always	At Risk					
Lead screening	Always	Not applicable	At Risk	Always	Not applicable	At Risk	At Risk
Tuberculin test	At Risk	Not applicable	Not applicable	At Risk	Not applicable	At Risk	At Risk
Dyslipidemia screen	Not applicable	Not applicable	Not applicable	At Risk	Not applicable	Not applicable	At Risk
Oral health	At Risk	Not applicable	At Risk				
Fluoride varnish (every 3 to 6 months once teeth are present)	Always						
Fluoride supplementation	At Risk	Not applicable	At Risk				

**Anticipatory guidance examples (see Bright Futures for complete list by age):**

**Family support:** time for self/partner, age appropriateness, praise, consistent discipline, set/reinforce limits, show affection, seek help/support when needed  
**Establish routines:** family traditions nap and bedtime, daily playtime/physical activity, limit screen time, toilet training, hygiene  
**Feeding and appetite changes:** self-feeding, consistent meals/snacks, variety of nutritious foods, family meals  
**Communication and social development:** give limited choices, stranger anxiety, read/sing/talk with child, simple words, following one/two-step commands, self-expression, playing with other children emerging independence, encourage child to talk, encourage fantasy play, preschool, curiosity about body, safety rules with adults/good and bad touches  
**Oral health:** brush teeth twice a day, limit bottle use (water only), no bottle in bed, first dental visit  
**Safety:** car safety seat, smoke-free environment no shaking, smoke detectors, crib safety, no strings/cords, poisons, burns (hot water or liquids), falls, drowning, choking, lead poisoning, window guards, guns/sharp objects, supervision, smoke/carbon monoxide detectors, sun exposure, dogs, fire safety, outdoor/playground safety

Always

At Risk

Not applicable

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# Preventive Health Guidelines for Members

## Middle Childhood Chart: 5 – 10 years

Check the health benefit for specific preventive care coverage.

Checklist	5 yrs.	6 yrs.	7 yrs.	8 yrs.	9 yrs.	10 yrs.
History	Always	Always	Always	Always	Always	Always
Height and weight	Always	Always	Always	Always	Always	Always
Body mass index (BMI)	Always	Always	Always	Always	Always	Always
Blood pressure	Always	Always	Always	Always	Always	Always
Vision	Always	Always	At Risk	Always	At Risk	Always
Hearing	Always	Always	At Risk	Always	At Risk	Always
Developmental Surveillance	Always	Always	Always	Always	Always	Always
Psychosocial/behavior assessment	Always	Always	Always	Always	Always	Always
Physical exam	Always	Always	Always	Always	Always	Always
Immunizations	Always	Always	Always	Always	Always	Always
Anemia	At Risk	At Risk				
Lead screening	At Risk	At Risk	Not applicable	At Risk	At Risk	At Risk
Tuberculin test	At Risk	At Risk				
Dyslipidemia screen	Not applicable	At Risk	At Risk	At Risk	<i>Once between ages 9 and 11</i>	
Oral health	At Risk	At Risk	Not applicable	Not applicable	Not applicable	Not applicable
Fluoride varnish (every 3 to 6 months once teeth are present)	Always	Not applicable	Not applicable	Not applicable	Not applicable	Not applicable
Fluoride supplementation	At Risk	At Risk				

**Anticipatory guidance examples (see Bright Futures for complete list by age):**

**Development and mental health:** family time, anger management, appropriate discipline, limit screen time, encourage independence, praise strengths, be positive role model, discuss expected body changes, self-responsibility, discuss puberty, expect preadolescent behaviors

**Nutrition and physical activity:** healthy weight, well-balanced diet (fruits, vegetables, whole grains, adequate calcium), 60 minutes of exercise each day, eat meals as a family

**Oral health:** brushing/flossing, fluoride, regular dental visits, mouth guard for sports

**Safety:** age-appropriate car restraints, safety rules with adults/sexual safety, helmets, water safety, fire escape plan, smoke/carbon monoxide detectors, gun safety, sun exposure, home emergency plan, protective sports equipment, know friends and peers, monitor computer use, avoid tobacco, avoid alcohol and drugs

**School:** establish routines, after-school care/activities, know friends, bullying discussion, communicate with teachers, show interest in school, homework space, address bullying if a factor

Always    At Risk    Not applicable

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# Preventive Health Guidelines for Members

## Middle Childhood Chart: 11 – 18 years

Check the health benefit for specific preventive care coverage.

Checklist	11 yrs.	12 yrs.	13 yrs.	14 yrs.	15 yrs.	16 yrs.	17 yrs.	18 yrs.
History	Always	Always	Always	Always	Always	Always	Always	Always
Height and weight	Always	Always	Always	Always	Always	Always	Always	Always
Body mass index (BMI)	Always	Always	Always	Always	Always	Always	Always	Always
Blood pressure	Always	Always	Always	Always	Always	Always	Always	Always
Vision	At Risk	Always	At Risk	At Risk	Always	At Risk	At Risk	At Risk
Hearing	Once between ages 11 and 14				Once between ages 15 and 17			Once between ages 18 and 21
Developmental surveillance	Always	Always	Always	Always	Always	Always	Always	Always
Psychosocial/behavior assessment	Always	Always	Always	Always	Always	Always	Always	Always
Tobacco, alcohol, or drug use	At Risk	At Risk	At Risk	At Risk	At Risk	At Risk	At Risk	At Risk
Physical exam	Always	Always	Always	Always	Always	Always	Always	Always
Immunizations	Always	Always	Always	Always	Always	Always	Always	Always
Anemia	At Risk	At Risk	At Risk	At Risk	At Risk	At Risk	At Risk	At Risk
Tuberculin test	At Risk	At Risk	At Risk	At Risk	At Risk	At Risk	At Risk	At Risk
Dyslipidemia screening	Once between ages 9 and 11	At Risk	At Risk	At Risk	At Risk	At Risk	Once between ages 17 and 21	At Risk
STI screening	At Risk	At Risk	At Risk	At Risk	At Risk	At Risk	At Risk	At Risk
Depression screening	At Risk	Always	Always	Always	Always	Always	Always	Always
Fluoride supplementation	At Risk	At Risk	At Risk	At Risk	At Risk	At Risk	Not applicable	Not applicable
Hepatitis C screening	Not applicable	Not applicable	Not applicable	Not applicable	Not applicable	Not applicable	Not applicable	Always
HIV screening*	At Risk	At Risk	At Risk	At Risk	At Risk	At Risk	Once between ages 15 and 18	At Risk

**Anticipatory guidance examples (see Bright Futures for complete list by age):**

**Physical growth and development:** brush/floss teeth, regular dental visits, body image, balanced diet, limit screen time, physical activity  
**Social and academic competence:** help with homework when needed, encourage reading/school, family time, age-appropriate limits, know friends, community involvement, rules/expectations, planning for after high school  
**Emotional well-being:** decision making, dealing with stress, mental health concerns, sexuality/puberty, mood changes  
**Risk reduction:** tobacco, alcohol or drug use, prescription drugs, know friends/activities, sex discussion  
**Violence and injury prevention:** seat belts, guns, conflict resolution, bullying, sports helmets, protective gear, safe dating, driving restrictions

Always    At Risk    Not applicable

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\*New York State law requires HIV testing to be offered to all individuals who access care.

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