



Guidelines for Healthier Children

As a parent, you take care of your child with details like seatbelts, bike helmets, childproof locks and smoke detectors. You don't wait for your son or daughter to get hurt – you do your best to prevent it.

At CIGNA HealthCare, we look at health care the same way. That's why we offer preventive care services through your health care plan. Your doctor already is familiar with these services, and the following preventive health guidelines have been created to help you understand what is available and what you can do to help keep your child healthy.

BIRTH TO 2 YEARS

Your child should have a well-baby exam at birth and at 1, 2, 4, 6, 9, 12, 18 and 24 months. In addition to receiving general advice on your baby's health and development, your baby may receive the following immunizations and screenings:

Immunizations:

- Diphtheria, Tetanus and acellular Pertussis at 2 months, 4 months and 6 months, and again between 15 and 18 months
- Haemophilus influenza b at 2 months, 4 months and 6 months, and again between 12 and 15 months
- Hepatitis B virus at birth and then between 1 and 4 months and 6 and 18 months, or at 1 month and then between 2 and 4 months, and 6 and 18 months

- Measles, Mumps, Rubella between 12 and 15 months
- Pneumococcal conjugate at 2 months, 4 months and 6 months, and again between 12 and 15 months
- Poliovirus at 2 months and 4 months, and between 6 and 18 months.
- Varicella (chicken pox) between 12 and 18 months
- Influenza vaccine between 6 and 23 months

Screenings:

- Hearing as a newborn and as child's doctor advises
- Hemoglobin and hematocrit between 9 and 12 months
- Weight, length and head circumference at each visit



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(continued from front)

AGES 3 TO 10

A well-child exam should be scheduled once a year for children ages 3 to 5 and every 2 years for children ages 6 to 10. You should continue to receive advice on your child's safety, health and development. In addition, during the exam, your child may receive the following immunizations and screenings:

Immunizations:

- Diphtheria, Tetanus and acellular Pertussis between ages 4 and 6
- Measles, Mumps, Rubella between ages 4 and 6, or 11 and 12 if not given earlier
- Poliovirus between ages 4 and 6
- Varicella (chicken pox) if no evidence of prior immunization or chicken pox

Screenings:

- Blood pressure at each visit
- Eye exam at ages 3, 4, 5, 6, 8 and 10, or as child's doctor advises
- Hearing at ages 4, 5, 6, 8 and 10, or as child's doctor advises
- Height and weight at each visit

AGES 11 TO 18

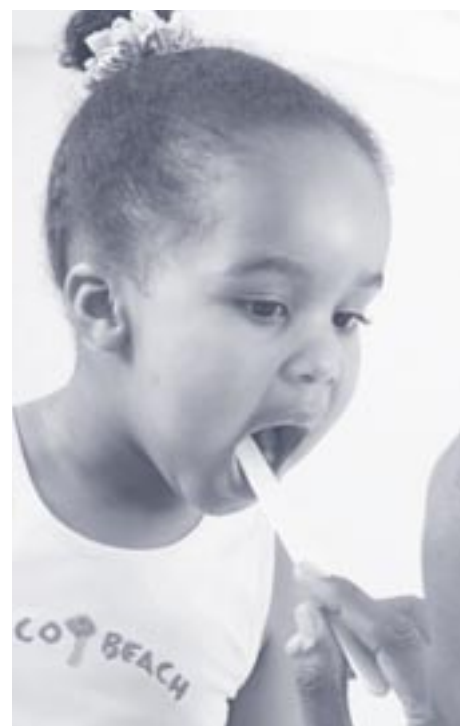
Children should receive a well-person exam once a year during this age range. During the exam, your child may receive the following immunizations and screenings:

Immunizations:

- Hepatitis B virus between 11 and 18 years if not previously immunized
- Measles, Mumps, Rubella if not already immune
- Tetanus-diphtheria booster every 10 years
- Varicella (chicken pox) if no evidence of prior immunization or chicken pox

Screenings:

- Blood pressure at each visit
- Hearing and eye exam at ages 12, 15 and 18, or as child's doctor advises
- Height and weight at each visit



Remember, this checkup schedule is a general guideline only. Always ask your child's doctor what he or she recommends for your child. And if you have any questions about your benefits, feel free to give us a call at the number on your CIGNA HealthCare ID card.

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