Regular health visits can help your child to stay healthy.

- ✓ If your child is a new member, take him/her to see the health care provider for their first health visit and **Staying Healthy Assessment** within 3 months of enrollment and every year.
- ✓ Your health care provider 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 health care provider
Well-Care Visits Medical and Family Health History Physical Exam and Blood Pressure Eyesight and Hearing Growth, Development and Behavior, with family, school and groups Physical Activity Healthy Eating Body Mass Index (measure for a healthy weight)	Each year or as the health care provider recommends
Anemia Test Low iron can cause tiredness and headaches	The health care provider may recommend testing if at risk
Dental/Oral Checkup Looks for tooth decay and gum disease	Every 6 Months
Diabetes Screening HbA1c test	The health care provider may recommend screening if at risk
Sexually Transmitted Diseases (STDs) Chlamydia, Gonorrhea, Syphilis Human Immunodeficiency Virus (HIV) Human Papillomavirus (HPV)	Every year starting at age 15. The health care provider may recommend screening if at risk.
Tuberculosis (TB) Test Tuberculosis can cause lung and brain damage	The health care provider may recommend screening if at risk
Cholesterol Test High cholesterol can damage the heart	The health care provider may recommend testing if at risk
Check for Skin Cancer Risk	The health care provider may recommend screening if at risk
Check for Depression and Anxiety	Every year starting at age 11
Check for Alcohol, Drug Use, Tobacco, Cannabis, Vaping, PIlls and Secondhand Smoke	Every year starting at age 11

Your child may need these health services more or less often if your health care provider recommends

Which health topics would you like to talk with the health care provider about?

- Traumatic and Stressful Life Events (Abuse, Neglect, Household Concerns)
- 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 Papillomavirus (HPV) Vaccine
- Mental Health Concerns
- Parenting
- Pregnancy Health
- Safety
- Screen Time/Video Games
- Secondhand Smoke
- STDs and HIV
- Quitting Smoking
- Weight Concerns

Adverse Childhood Experiences and related stressful life events: Many families have stressful life events. This can affect your child's health and well-being. Please talk with your health care provider about these stressful life events.

	L.A. Care Health Plan	blue california Promise Health Plan	Anthem BlueCross
Member Services	L.A. Care *Covered*™ **1.855.270.2327** (TTY **711**) **Medi-Cal 1.888.839.9909** (TTY **711**)	**1.800.605.2556** (TTY **1.800.735.2929**)	**1.888.285.7801** (TTY **1.888.757.6034**)
Nurse Advice Line 24/7 for health questions	**1.800.249.3619** (TTY **711**)	**1.800.609.4166** (TTY **1.800.735.2929**)	**1.800.224.0336** (TTY **1.800.368.4424**)
Website	**lacare.org**	**blueshieldca.com/promise**	**anthem.com/ca**

My Health Care Provider's Name: _____

My Health Care Provider's Phone Number: _____

Questions I have for my Health Care Provider:

_____

_____

_____

_____

_____

My Specialist's Name: _____

My Specialist's Phone Number: _____

Questions I have for my Specialist:

_____

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To order additional copies for health care providers, visit: **lacare.org/providers/provider-resources/tools-toolkits/health-education-tools**

L.A. Care HEALTH PLAN

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.

LA0221 07/20

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 health care provider
- Find out which services are right for your child
- Keep track of the services your child gets

L.A. Care Health Plan | blue california Promise Health Plan | Anthem BlueCross

Developed by L.A. Care Health Plan working with Blue Shield of California Promise Health Plan and Anthem Blue Cross. Together, we provide Medi-Cal Managed Care Services in Los Angeles County.

Keep Your Child or Teen Healthy!

If your child is a new member, take him/her to see the health care provider for their first visit and **Staying Healthy Assessment** within 3 months of enrollment and every year. These services are at no cost to you.

- ✓ 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 health care provider each year for well-care visits.

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

Take your child for each visit to get the right health services at the right time.

Health Services	When to go to the health care provider
Well-Care Visits Medical and Family Health History Physical Exam and Blood Pressure Eyesight and Hearing Growth, Development and Behavior, with family and groups Physical Activity Healthy Eating Body Mass Index (BMI) (measure for a healthy weight)	☐ [MM/DD/YY] 2-3 days after Birth ☐ [MM/DD/YY] 1 Month ☐ [MM/DD/YY] 2 Months ☐ [MM/DD/YY] 4 Months ☐ [MM/DD/YY] 6 Months ☐ [MM/DD/YY] 9 Months ☐ [MM/DD/YY] 12 Months (1 year) ☐ [MM/DD/YY] 15 Months ☐ [MM/DD/YY] 18 Months ☐ [MM/DD/YY] 24 Months (2 years) ☐ [MM/DD/YY] 30 Months ☐ [MM/DD/YY] Each year thereafter
Autism Screening Tests for communication problems	☐ [MM/DD/YY] 18 Months ☐ [MM/DD/YY] 24 Months
Anemia Test Low iron can cause tiredness and headaches	☐ [MM/DD/YY] 12 Months
Oral Health 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.
Fluoride Varnish Brushed on teeth to prevent tooth decay	At the health care provider or dentist office, fluoride varnish may be used as soon as teeth are present. Brushed on teeth 4 times a year until age 5.
Lead Screening Lead poisoning can cause brain damage and learning problems	Screen at 12 months and 24 months. If your child has not been screened, then your child should be screened once before the age of 6.
Tuberculosis (TB) Test Tuberculosis can cause lung and brain damage	The health care provider may recommend screening if at risk
Cholesterol Test High cholesterol can damage the heart	The health care provider may recommend screening if at risk

Your child may need these health services more or less often if your health care provider recommends

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 can prevent years of illness.

These Shots	Help Prevent	Number of Shots	Age 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	☐ HepB	☐ HepB					☐ HepB									
RV Rotavirus	Severe Diarrhea, Dehydration	2 or 3			☐ RV	☐ RV	☐ RV											
★ **DTaP/Tdap** Diphtheria/Tetanus/Pertussis	Breathing Problems, Muscle Spasms, Whooping Cough	5 DTaP 1 Tdap			☐ DTaP	☐ DTaP	☐ DTaP			☐ DTaP				☐ DTaP		☐ Tdap		
Hib Haemophilus Influenzae	Meningitis (brain infection), Pneumonia, Blood Infection	3 or 4			☐ Hib	☐ Hib	☐ Hib		☐ Hib									
PCV Pneumococcal	Pneumonia, Meningitis	4			☐ PCV	☐ PCV	☐ PCV		☐ PCV									
★ **IPV** Inactivated Polio Vaccine	Muscle Paralysis, Disabilities, Deformities	4			☐ IPV	☐ IPV			☐ IPV					☐ 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							☐ MMR					☐ MMR				
★ **VAR** Varicella (chickenpox)	Blisters, Skin Infections, Nerve Damage, Vision Loss (eyesight)	2							☐ VAR					☐ VAR				
HepA Hepatitis A	Fever, Diarrhea, Tiredness	2							☐ HEP A			☐ HEP A						
HPV Human Papillomavirus	Cervical Cancer, Genital Warts	2 or 3														☐☐☐ HPV		
MCV4 Meningococcal (Meningitis)	Meningitis, Brain Damage, Hearing Loss, Learning Disabilities	2														☐ MCV4		☐ MCV4
MenB Meningococcal B (Meningitis)	Meningitis, Brain Damage, Hearing Loss, Learning Disabilities	2 or 3																☐☐☐ 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 health care provider 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. Contact your health care provider with questions.