



Recommended Health Screenings for Children

US Family Health Plan strongly encourages all of its members to get regular preventative health screenings. The chart below gives some guidelines for preventative health screenings for children. Personal and family history of medical conditions may add other screenings or change the frequency of these. Be sure to request and discuss these recommendations with the child's Primary Care Provider (PCP).

EXAM	STARTING AGE	FREQUENCY
Well Baby Care and Well Child Care Routine newborn care and baby care; includes comprehensive health promotion & disease prevention exams, vision/hearing screenings, height, weight and head circumference check, routine immunizations, and developmental/behavioral appraisal	Birth	As directed by healthcare provider
Well-Child Care/Routine Physical Exam Note: Annual school physicals, which may be part of the well-child care / routine physical exam visit, are covered. Physicals specifically for sports and camp are not covered.	6 years	Annual
DIAGNOSTIC LABS		
Routine blood work and/or urinalysis	As recommended by healthcare provider	Discuss with healthcare provider

EXAM	STARTING AGE	FREQUENCY
Lead	6 months to 6 years, if high risk	Discuss with healthcare provider
SENSORY SCREENING		
Hearing	Under routine well-child care	Discuss with healthcare provider
Vision / Eye	Under routine well-child care	Discuss with healthcare provider
INFECTIOUS DISEASE SCREENING		
HIV	13 years, especially if high risk	Discuss with healthcare provider
STD's (Sexually Transmitted Diseases)	If sexually active	Discuss with healthcare provider
Tuberculosis	As recommended by healthcare provider	Discuss with healthcare provider
OTHER SCREENINGS		
Clinical Breast Exam	18 or as recommended by healthcare provider	Discuss with healthcare provider. Self-exam monthly; Clinical exam by healthcare provider at preventative health visit
Pelvic Exam / Pap Test	If sexually active	Every 3 years after 3 consecutive normal tests (unless otherwise recommended by healthcare provider)
Testicular Exam	13	Self-exam monthly; clinical exam by healthcare provider at preventative health visit
ORAL and DENTAL EXAM*	As recommended by healthcare provider	1 – 2 times a year

Information provided by:

- American Academy of Pediatrics (<http://www.aap.org/>)
- MedlinePlus (<http://www.nlm.nih.gov/medlineplus/>)
- TRICARE (www.tricare.mil)
- US Department of Health and Human Services / Centers for Disease Control and Prevention (<http://www.cdc.gov>)

* Dental care is not a covered benefit; however, all individuals are strongly encouraged to practice good dental health and hygiene. A complete oral cavity exam should be part of the routine preventive health performed by your PCP.