



Preventive health guidelines for children

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Dell Children's Health Plan is committed to getting you and your family the right care close to home. At our health plan, we strive to keep your child healthy.

Make this year your child's best year for wellness.

Your health plan may help pay for tests to find health problems early and routine wellness exams to help your child stay well.

Use this guide to:

- ✓ Know when to set up provider visits for your child
- ✓ Ask their provider which exams, tests and vaccines are right for your child
- ✓ When they should get them and how often

This guide has helpful information. It is not meant to take the place of medical care or advice. This guide does not mention every condition and treatment, so be sure to talk with your child's provider if you have concerns about their health.

To learn more about vaccines, visit the Centers for Disease Control and Prevention (CDC) website at [cdc.gov/vaccines](https://www.cdc.gov/vaccines).

Visit the Ascension's Health Library for more information about preventive care at cmhl.ascension.org.

To learn more about your child's health plan, benefits and value-added services, visit

DellChildrensHealthPlan.com/for-members.

To download your member handbook, visit

DellChildrensHealthPlan.com/for-members/member-handbooks.



Well-baby screenings

WELL-BABY EXAM (Birth to 2 years)

All infants should be seen by a provider 48 to 72 hours after leaving the hospital. At the well-baby exams, you may get advice on your child's safety, dental care, healthy eating and development. At these exams, your baby may get vaccines or other screenings.

Screenings	Appropriate time
Weight, length and head circumference (<i>the length around the head</i>)	At each visit
BMI* percentile	At 24 months
Newborn screening panel	Newborn and 2 weeks; bilirubin at birth
Critical congenital heart defect (CCHD) screening	Newborn
Psychosocial development and behavior	At each visit
Hearing	As a newborn and when your doctor suggests
Vision	At each visit
Oral/dental health	<ul style="list-style-type: none">✔ Dental exams yearly starting at age 1✔ Fluoride varnish on the teeth when your provider suggests between 6 and 24 months; fluoride prescription based on your drinking water✔ Oral/dental health referrals: 6, 12, 18 and 24 months
Hemoglobin or hematocrit (<i>blood count</i>)	Once between 9 and 12 months
Lead testing (<i>unless you are sure your child has not been around lead</i>)	At 12 and 24 months. Risk assessments as the provider suggests
Autism	At 18 and 24 months
Urine	As your provider suggests
Comprehensive unclothed exam	Each year
Nutritional assessment	Each year
Physical activity assessment	Each year

*Height and weight is used to find body mass index (BMI). BMI is used to see if a person has the right weight for height or is under or overweight for height.

Source: hhs.texas.gov/sites/default/files/documents/doing-business-with-hhs/provider-portal/health-services-providers/thsteps/th-med-checkup-periodicity-sched.pdf

Well-child screenings

WELL-CHILD EXAM (Ages 2 1/2 to 10 years)

You may get advice about:

- ✓ How to keep your child safe
- ✓ How to prevent injuries
- ✓ Counseling to reduce the risks of getting skin cancer
- ✓ Good health, diet and physical activity and development
- ✓ Annual dental referrals starting at age 3 or earlier if needed

At these well-child exams, your child may get vaccines and these screenings, or added screenings such as tuberculin and urine testing, if needed.

Screenings	Appropriate time
Height, weight, BMI percentile*	At each visit
Development and behavior	At each visit
Hearing	Each year
Vision	Each year
Oral/dental health	<ul style="list-style-type: none">✓ Dental exams each year✓ Fluoride varnish on the teeth when your provider suggests between 2 1/2 and 5 years; fluoride prescription based on your drinking water
Hemoglobin or hematocrit (<i>blood count</i>)	As your provider suggests
Blood pressure	Each year starting at 3 years
Lipid disorder	Once between ages 9 and 11 years
Comprehensive unclothed physical exam	Each year
Nutritional assessment	At each visit
Physical activity assessment	At each visit

*Height and weight is used to find body mass index (BMI). BMI is used to see if a person has the right weight for height or is under or over weight for height.

Source: hhs.texas.gov/sites/default/files/documents/doing-business-with-hhs/provider-portal/health-services-providers/thsteps/th-med-checkup-periodicity-sched.pdf

Well-child screenings

WELL-CHILD EXAM (Ages 11 to 20 years)

The provider may talk to your child about health and wellness issues. These may include:

- ✓ Diet and physical activity
- ✓ Healthy weight
- ✓ Dental health
- ✓ Dentist referral each year
- ✓ Mental health, including depression screening
- ✓ How to prevent injuries
- ✓ Sexual behavior and screening for sexually transmitted infections (STIs)
- ✓ Counseling to reduce the risk of getting skin cancer; special risks they might have for cancer (such as family history) and steps you can take to reduce those risks
- ✓ Secondhand smoke
- ✓ Avoiding tobacco, alcohol and drugs

At these exams, your child may get vaccines and these screenings or added screenings, such as tuberculin and urine testing, if needed.

Screenings	Appropriate time
Height, weight, BMI percentile*	To age 18 then BMI each year
Development and behavioral surveillance	Each year
Depression	Each year
Blood pressure	Each year
Vision	Each year
Hearing	Each year
Oral/dental health	Each year, fluoride prescription based on your drinking water (ages 11 through 16)
Hemoglobin or hematocrit (<i>blood count</i>)	As your provider suggests
HIV	Screening once between ages 16 and 18 years
Chlamydia	For sexually active women
Lipid disorder	Once between ages 17 and 21 years
Comprehensive unclothed physical exam	Each year
Assessment for physical activity	At each visit
Nutritional assessment	At each visit

*Height and weight is used to find body mass index (BMI). BMI is used to see if a person has the right weight for height or is under or over weight for height.

Source: hhs.texas.gov/sites/default/files/documents/doing-business-with-hhs/provider-portal/health-services-providers/thsteps/th-med-checkup-periodicity-sched.pdf

Suggested vaccine schedule

For more information this schedule, visit [cdc.gov/vaccines](https://www.cdc.gov/vaccines). Talk with your child's provider to determine which vaccines are right for them.

Vaccine and other immunizing agents	Birth	1 mo	2 mos	4 mos	6 mos	9 mos	12 mos	15 mos	18 mos	19–23 mos	2–3 yrs	4–6 yrs	7–10 yrs	11–12 yrs	13–15 yrs	16 yrs	17–18 yrs		
Respiratory syncytial virus (RSV-mAb [Nirsevimab])	1 dose depending on maternal RSV vaccination status (See Notes)					1 dose (8–19 months), See Notes													
Hepatitis B (HepB)	1st dose	← 2nd dose →			← 3rd dose →														
Rotavirus (RV): RV1 (2-dose series), RV5 (3-dose series)			1st dose	2nd dose	See Notes														
Diphtheria, tetanus, acellular pertussis (DTaP <7 yrs)			1st dose	2nd dose	3rd dose			← 4th dose →				5th dose							
Haemophilus influenzae type b (Hib)			1st dose	2nd dose	See Notes		← 3rd or 4th dose (See Notes) →												
Pneumococcal conjugate (PCV15, PCV20)			1st dose	2nd dose	3rd dose		← 4th dose →												
Inactivated poliovirus (IPV)			1st dose	2nd dose	← 3rd dose →							4th dose					See Notes		
COVID-19 (1vCOV-mRNA, 1vCOV-aPS)					See Notes														
Influenza (IIV3, cclIV3)					1 or 2 doses annually									1 dose annually					
Influenza (LAIV3)											1 or 2 doses annually		1 dose annually						
Measles, mumps, rubella (MMR)					See Notes		← 1st dose →				2nd dose								
Varicella (VAR)							← 1st dose →				2nd dose								
Hepatitis A (HepA)					See Notes		2-dose series (See Notes)												
Tetanus, diphtheria, acellular pertussis (Tdap ≥7 yrs)												1 dose							
Human papillomavirus (HPV)														See Notes					
Meningococcal (MenACWY-CRM ≥2 mos, MenACWY-TT ≥2years)			See Notes												1st dose			2nd dose	
Meningococcal B (MenB–4C, MenB–FHbp)														See Notes					
Respiratory syncytial virus vaccine (RSV [Abrysvo])														Seasonal administration during pregnancy (See Notes)					
Dengue (DEN4CYD: 9–16 yrs)													Seropositive in endemic dengue areas (See Notes)						
Mpox																			

Range of recommended ages for all children
 Range of recommended ages for catch-up vaccination
 Range of recommended ages for certain high-risk groups or populations
 Recommended vaccination can begin in this age group
 Vaccination is based on shared clinical decision-making
 No Guidance/Not Applicable

