



# 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](https://cmhl ascension.org).

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

[DellChildrensHealthPlan.com/for-members](https://DellChildrensHealthPlan.com/for-members).

To download your member handbook, visit

[DellChildrensHealthPlan.com/for-members/member-handbooks](https://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
<b>Weight, length and head circumference (<i>the length around the head</i>)</b>	At each visit
<b>BMI* percentile</b>	At 24 months
<b>Newborn screening panel</b>	Newborn and 2 weeks; bilirubin at birth
<b>Critical congenital heart defect (CCHD) screening</b>	Newborn
<b>Psychosocial development and behavior</b>	At each visit
<b>Hearing</b>	As a newborn and when your doctor suggests
<b>Vision</b>	At each visit
<b>Oral/dental health</b>	<ul style="list-style-type: none"><li>✓ Dental exams yearly starting at age 1</li><li>✓ Fluoride varnish on the teeth when your provider suggests between 6 and 24 months; fluoride prescription based on your drinking water</li><li>✓ Oral/dental health referrals: 6, 12, 18 and 24 months</li></ul>
<b>Hemoglobin or hematocrit (<i>blood count</i>)</b>	Once between 9 and 12 months
<b>Lead testing (<i>unless you are sure your child has not been around lead</i>)</b>	At 12 and 24 months. Risk assessments as the provider suggests
<b>Autism</b>	At 18 and 24 months
<b>Urine</b>	As your provider suggests
<b>Comprehensive unclothed exam</b>	Each year
<b>Nutritional assessment</b>	Each year
<b>Physical activity assessment</b>	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/ths-med-checkup-periodicity-sched.pdf](https://hhs.texas.gov/sites/default/files/documents/doing-business-with-hhs/provider-portal/health-services-providers/thsteps/ths-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"><li>✓ Dental exams each year</li><li>✓ Fluoride varnish on the teeth when your provider suggests between 2 1/2 and 5 years; fluoride prescription based on your drinking water</li></ul>
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/ths-med-checkup-periodicity-sched.pdf](https://hhs.texas.gov/sites/default/files/documents/doing-business-with-hhs/provider-portal/health-services-providers/thsteps/ths-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
<b>Height, weight, BMI percentile*</b>	To age 18 then BMI each year
<b>Development and behavioral surveillance</b>	Each year
<b>Depression</b>	Each year
<b>Blood pressure</b>	Each year
<b>Vision</b>	Each year
<b>Hearing</b>	Each year
<b>Oral/dental health</b>	Each year, fluoride prescription based on your drinking water (ages 11 through 16)
<b>Hemoglobin or hematocrit (blood count)</b>	As your provider suggests
<b>HIV</b>	Screening once between ages 16 and 18 years
<b>Chlamydia</b>	For sexually active women
<b>Lipid disorder</b>	Once between ages 17 and 21 years
<b>Comprehensive unclothed physical exam</b>	Each year
<b>Assessment for physical activity</b>	At each visit
<b>Nutritional assessment</b>	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/ths-med-checkup-periodicity-sched.pdf](https://hhs.texas.gov/sites/default/files/documents/doing-business-with-hhs/provider-portal/health-services-providers/thsteps/ths-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, cIIV3)					1 or 2 doses annually												1 dose annually	
Influenza (LAIV3)	or							1 or 2 doses annually			or							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 ≥2 years)						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

