

THIS IS THE WELLNESS CHECKLIST FOR YOUR KIDS.



Use it to stay up to date and in the know about their health.



Here are the top six things you can do to help keep your kids healthy:

- Get recommended vaccines and screening tests.
- Encourage physical activity.
- Feed them healthy meals and snacks.
- Help your child stay at a healthy weight.
- Provide preventive medicines if your child's doctor prescribes them.

The next time you bring your child in for a checkup, remember to bring along this useful checklist. That way, you and your pediatrician can decide together which tests are right for your child based on age, gender and family history. And you'll have somewhere handy to write down important details, like date of visit, results, measurements and any questions you need answered.

It's all about keeping you and your family healthy so you can get more out of life. For more information about our preventive care services and screenings, check out the Preventive Care Reference Guide on myCigna.com.



Recommended well-child visits

Age	Height/length	Weight	Body mass index (BMI)	Date of visit	Notes/questions, doctor's recommendations
Birth					
1 month					
2 months					
4 months					
6 months					
9 months					
12 months					
15 months					
18 months					
24 months					
30 months					
3 years					
4 years					
5 years					
6 years					
7 years					
8 years					
9 years					
10 years					
11 & 12 years					
13 & 14 years					
15 & 16 years					
17 & 18 years					

Children's wellness checklist

Recommended screenings	Birth to 2 years	Ages 3–10	Ages 11–18
Size measurements	Weight, length & head circumference at each visit, BMI – 24 & 30 mos.	Height, weight & BMI at each visit	
Vision screening		Ages 3, 4, 5, 6, 8 & 10, or as your doctor advises	Ages 12, 15 & 18, or as your doctor advises
Hearing screening	All newborns by 1 month	Ages 4, 5, 6, 8 & 10, or as your doctor advises	
Fluoride	Older than 6 months evaluate for sufficient fluoride in drinking water		
Cholesterol		Screening of children and adolescents (after age 2 but by age 10) at risk	
Hemoglobin or hematocrit	12 months		



Children's wellness checklist



Recommended immunization schedule 2012	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	13–18 years	
Hepatitis A							HepA				HepA Series		HepA Series			
Hepatitis B	HepB	HepB			HepB								HepB Series			
Rotavirus			RV	RV	RV											
Diphtheria, tetanus, pertussis			DTaP	DTaP	DTaP		DTaP					DTaP	Tdap	Tdap	Tdap	
<i>Haemophilus influenzae</i> type b			Hib	Hib	Hib		Hib									
Pneumococcal			PCV	PCV	PCV		PCV				PPSV		Pneumococcal			
Inactivated poliovirus			IPV	IPV	IPV							IPV	IPV Series			
Influenza					Influenza (yearly)											
Measles, mumps, rubella							MMR						MMR	MMR Series		
Varicella							Varicella						Varicella	Varicella Series		
Meningococcal						MCV4							MCV4	MCV4	Booster at 16 yrs	
Human papillomavirus														HPV (3 doses) (females)	HPV Series	

 Range of recommended ages

 Range of recommended ages and certain high risk groups

 Catch-up immunizations

 Certain high-risk groups

If your child misses a scheduled vaccination, you don't need to start over. Just bring your child back in to your pediatrician's office for the shot. The doctor will keep your child up-to-date on all vaccinations. Questions? Talk to your doctor.

For recommendations on ways to keep your family healthy, including healthy eating suggestions and exercise tips, visit the websites below:

<http://www.cdc.gov/HealthyLiving/>
<http://children.webmd.com/>
<http://www.choosemyplate.gov/>

Coverage exclusions:

This document does not guarantee coverage for all services and all plans have exclusions and limitations. For a complete list of both covered and not-covered services, including benefits required by your state, see the Evidence of Coverage, Insurance Certificate or Summary Plan Description.

These preventive health recommendations are based on recommendations from the Advisory Committee on Immunization Practices, U.S. Preventive Services Task Force, American Academy of Pediatrics, and other nationally recognized authorities. For additional information on immunizations, visit the immunization schedule section of [cdc.gov](http://www.cdc.gov). This document is a general guide. Always discuss your child's particular care needs with your doctor. The immunization schedule is reprinted with permission from the Centers for Disease Control and Prevention.

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