



## Preventive Guidelines

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HealthFlex has adopted the following preventive care guidelines based on the recommendations of the U.S. Preventive Services Task Force. Individuals with symptoms or at high risk for disease may need additional services or more frequent interventions. Please direct questions to your personal physician.

Please refer to your Benefit Booklet or contact your medical carriers customer service to determine preventive services covered under your benefit plan.

### Children Younger than 10 Years

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Screening	Recommended Frequency
Height/weight	Regular throughout infancy and childhood
Blood pressure	Periodically, beginning at age 3*
Vision screening	Once between ages 3-4
T4 and/or TSH	Optimally, between day 2 and 6, but in all cases before discharge from the hospital
PKU level	After milk feeding has begun to detect a genetic disease that can lead to mental retardation and brain damage if untreated
Hemoglobinopathies	Once at birth to look for possible abnormal red blood cells
Elevated lead levels	At least once at age 1 for children at increased risk of lead exposure
Immunizations	Recommended Frequency
DtaP or DTP	5 immunizations at 2, 4, 6 months, between 15-18 months, and once between ages 4-6
Polio	4 immunizations at 2 months, 4 months and between 6-18 months, and between ages 4-6
MMR	2 immunizations between 12-15 months, and between ages 4-6 If second dose missed, give by ages 11-12
H. influenza type B (hib)	3 or 4 immunizations, depending on the vaccine, at 2 months, 4 months, 6 months and between 12-15 months
Hepatitis B	3 immunizations between 2-18 months If not immunized by age 13, three immunizations according to doctor's recommendation
Varicella	1 immunization between 12-18 months, or older children without a previous history of chicken pox or chicken pox immunization

\*Frequency should be discussed with your physician

**Note:** In order to ensure full payment of benefits, routine diagnostic codes should be used for services rendered for wellness examinations.