



Good health is a gift everyone wishes for a child, but it doesn't happen without your help.

Keep your child well by:

- being a good role model and offering nutritious foods at an early age
- encouraging lots of play and physical activity
- getting recommended vaccines

Children's Wellness Guidelines

Laying the Groundwork for a Healthy Tomorrow

Children's Health

Put your child on the path to wellness. Schedule a yearly well child visit with their health care provider* and follow their immunization recommendations. Their provider will watch your child's growth and progress and talk with you about eating and sleeping habits, safety and behavior issues.

The American Academy of Pediatrics recommends their provider:

- check body mass index regularly beginning at age 2
- check blood pressure yearly, beginning at age 3
- screen hearing at birth, then yearly from ages 4 to 6 and ages 8 and 10
- test vision yearly from ages 3 to 6 and ages 8, 10, 12, and 15



Protect your child from sickness. Make sure they get the vaccinations recommended by their provider. If they've missed vaccinations, ask them how to catch up.

Learn more from your child's doctor or at healthychildren.org.

Please note: These recommendations are for healthy children who don't have any special health risks. Take time to check the following summaries of key preventive services.

*A health care provider could be a doctor, primary care provider, physician assistant, nurse practitioner or other health care professional.

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BlueCross BlueShield of Texas

Recommended Child and Adolescent Immunization Schedule for Ages 18 Years or Younger

Vaccine and other immunizing agents	Birth	1 mos	2 mos	4 mos	6 mos	9 mos	12 mos	15 mos	18 mos	19-23 mos	2-3 years	4-6 years	7-10 years	11-12 years	13-15 years	16 years	17-18 years
Respiratory syncytial virus (RSV-mAb [Nirsevimab])																	
Hepatitis B (HepB)	1st dose	2nd dose															
Rotavirus (RV): RV1 (2-dose series), RV5 (3-dose series)			1st dose	2nd dose													
Diphtheria, tetanus, acellular pertussis (DTaP <7 yrs)			1st dose	2nd dose	3rd dose												
Haemophilus influenzae type b (Hib)			1st dose	2nd dose	3rd dose	3rd or 4th dose											
Pneumococcal conjugate (PCV15, PCV20)			1st dose	2nd dose	3rd dose	4th dose											
Inactivated poliovirus (IPV)			1st dose	2nd dose		3rd dose											
COVID-19 (1vCOV-mRNA, 1vCOV-aPS)																	
Influenza (IIV3, CCIIV3)							1 or 2 doses annually										
Influenza (LAIV3)								1 or 2 doses annually									
Measles, mumps, rubella (MMR)							1st dose										
Varicella (VAR)							1st dose										
Hepatitis A (HepA)								2-dose series									
Tetanus, diphtheria, acellular pertussis (Tdap ≥7 yrs)									1 dose								
Human papillomavirus (HPV)										1 dose							
Meningococcal (MenACWY-CRM ≥2 mos, MenACWY-TT ≥2years)											1st dose						
Meningococcal B (MenB-4C, MenB-FHbp)												2nd dose					
Respiratory syncytial virus vaccine (RSV[Abrysvo])													Seasonal administration during pregnancy				
Dengue (DEN4CYD: 9-16 yrs)													Sero-positive in endemic dengue areas				
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