Preventive Medical Checklist
Children – Newborn to Age 10

Based on Medical Preventive Guide 2015

Dear Plan Member,

The following checklist is the list of screenings and tests that are covered at 100% under your medical plan for your medical preventive check-ups and well child exams. These are considered recommended exams based upon globally accepted practices for preventive care. Should your doctor wish you to do additional tests as clinically indicated, or if you are not sure if you have had any of these tests or exams already in the last year, please contact Cigna at wbg.mbp@cigna.com to confirmation of 100% coverage.

Please note that this checklist is intended as a guide only and does not preclude your doctor's good clinical practice or suggest that additional tests should not be performed if clinically indicated.

Well Child Exam	tick	Screenings
Newborns (Under 12 months)		
· Exam at 7-14 days, 1, 2, 4, 6, and 9 months · Well Child Exam includes height, weight, head circumference, physical exam, health & developmental risk assessments, health education and anticipatory guidance		· Cardiac defect screening · Congenital hypothyroidism (lack of thyroid secretions) · Developmental screening/milestones · Hearing · HIV testing · PKU (phenylketonuria – an inherited metabolic deficiency) · Sickle cell disease · TB screening if high risk
Exams at 12 & 15 months		
· Well Child Exam includes height, weight, head circumference, physical exam, health & developmental risk assessments, health education and anticipatory guidance		· Anemia (low red blood cell count) · Behavioral problems · Developmental problems · HIV testing · Lead, if at high risk of exposure
Exam at 18 months		
· Well Child Exam includes height, weight, head circumference, physical exam, health & developmental risk assessments, health education and anticipatory guidance		· Autism · Behavioral problems · Developmental problems · HIV screening
Exams at 24 months & 30 months		
· Well Child Exam includes height, weight, BMI, physical exam, health & developmental risk assessments, health education and anticipatory guidance		· Anemia (low red blood cell count) · Autism · Behavioral problems · Developmental problems · HIV screening · Lead, if at high risk of exposure · Oral health assessment · Tuberculosis (TB) screening if at high risk

Exam at 3 years		
· Well Child Exam includes height, weight, BMI, physical exam, health & developmental risk assessments, health education and anticipatory guidance		· Behavioral problems · Developmental problems · HIV screening · Oral health assessment · Skin testing, if at high risk of tuberculosis · Vision
Exams annually between 4 to 6 years		
· Well Child Exam includes height, weight, BMI, physical exam, health & developmental risk assessments, health education and anticipatory guidance		· Behavioral problems · Hearing · HIV screening · Oral health assessment · TB screening if at high risk · Vision
Exams annually between 6 to 10 years		
· Well Child Exam includes height, weight, BMI, physical exam, health & developmental risk assessments, health education and anticipatory guidance		· Behavioral problems · Dyslipidemia screening one time between 6-10 yrs (AAP 2014 guidelines)*** · HIV screening · Obesity screening/counseling to improve weight (by primary care physician or referral for comprehensive, intensive behavioral interventions) · Oral health assessment · TB screening if at high risk · Vision

Immunizations, Medications and Procedures

Please note that the following immunizations, medications and procedures are also covered as part of the Wellness Examination and can be administered / prescribed if medically appropriate and indicated.

NB. *The below should be evaluated according to individual need and indication and does not suggest that all of the below are requirements or medically appropriate in individual situations.*

Immunizations: Birth to age 10
Cholera – if indicated
Diphtheria, Tetanus, Pertussis – 5 doses
Haemophilus influenza type b (HIB) – 3 to 4 doses, as indicated
Hepatitis A – 2 doses
Hepatitis B – 3 doses
Inactivated Polio Virus (IPV) – 4 doses
Influenza – annually, starting at 6 months
Japanese Encephalitis – in indicated (at age 2 months or older)
Measles, Mumps, Rubella (MMR) – 2 doses
Meningococcal – if indicated

Pneumococcal
Rotavirus – 2 to 3 doses, as indicated
Typhoid – if indicated
Varicella – 2 doses
Yellow fever – if indicated
Medications:
Malaria Prevention - Chemoprophylaxis, impregnated nets for malaria prevention**
Prescription chemoprevention of dental caries, if water source deficient in fluorides

**** In regards to the Prophylaxis Treatment of Malaria in children from birth to age 10, this treatment should be undertaken with *strict* specialist medical supervision with the child weighing, *at minimum*, 5 kilograms (11 pounds). Please confer with your prescribing medical professional regarding this treatment.**