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It's time to take control of your child's health.



Let's stay better together.

At Cigna Medical Group (CMG), we're all about helping you and your family get and stay healthy. And providing easy-to-use tools and resources is one of the many ways we do it.

Use this checklist to stay in the know about your child's health.

Bring it with you to your child's next appointment. A CMG pediatrician or family practitioner will provide you with recommendations for vaccinations and help make sure your child stays up to date. Record the details here, like current and future test dates, results, and any questions you need answered.

| AGE | HEIGHT/LENGTH | WEIGHT | BODY MASS INDEX (BMI) | DATE OF VISIT | NOTES/QUESTIONS, PROVIDER'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 and 12 years | | | | | |
| 13 and 14 years | | | | | |
| 15 and 16 years | | | | | |
| 17 and 18 years | | | | | |

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

Children's wellness checklist

| Recommended immunization schedule | 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 |
|-----------------------------------|-------|---------|----------|----------|--------------------|----------|-----------|-----------|-----------|--------------|-------------|-----------|
| Hepatitis B | HepB | HepB | | | HepB | | | | | | | |
| Rotavirus | | | RV | RV | RV | | | | | | | |
| Diphtheria, tetanus, pertussis | | | DTaP | DTaP | DTaP | | | DTaP | | | | DTaP |
| Haemophilus influenzae type b | | | Hib | Hib | Hib | | Hib | | | | | |
| Pneumococcal | | | PCV | PCV | PCV | | PCV | | | | PPSV | |
| Inactivated poliovirus | | | IPV | IPV | IPV | | | | | | | IPV |
| Influenza | | | | | Influenza (yearly) | | | | | | | |
| Measles, mumps, rubella | | | | | | | MMR | | | | | MMR |
| Varicella | | | | | | | Varicella | | | | | Varicella |
| Hepatitis A | | | | | | | HepA | | | | HepA series | |
| Meningococcal | | | | | | MCV4 | | | | | | |

| Recommended immunization schedule | 7–10 years | 11–12 years | 13–18 years |
|-----------------------------------|--------------------|---------------|---------------------------|
| Tetanus, diphtheria, pertussis | Tdap | Tdap | Tdap |
| Human papillomavirus | | HPV (3 doses) | HPV series |
| Meningococcal | MCV4 | MCV4 | MCV4 booster at 16 yrs |
| Pneumococcal | Pneumococcal | | |
| Influenza | Influenza (yearly) | | |
| Hepatitis A | HepA series | | |
| Hepatitis B | HepB series | | |
| Inactivated poliovirus | IPV series | | |
| Measles, mumps, rubella | MMR series | | |
| Varicella | Varicella series | | |

Range of recommended ages
 Range of recommended ages and certain high-risk groups
 Catch-up immunizations
 Certain high-risk groups

Schedule your child's wellness visit today.

Visit CignaMedicalGroup.com to find a CMG pediatrician or family practitioner near you.

For recommendations on ways to keep your family healthy, including healthy eating suggestions and exercise tips, visit the websites below:
cdc.gov/HealthyLiving • children.webmd.com • choosemyplate.gov

NOTE: 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. 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.

Coverage exclusions:

This document does not guarantee coverage for all services and all plans have exclusions and limitations. See your plan materials for the coverage details of your specific medical plan.

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