



CenCalHEALTH®
Local. Quality. Healthcare.

Stay Healthy Kids: 3-12 years

Continuing with regular visits can help your child grow and thrive through scheduled immunizations, tracking growth and development, and raising any concerns.



Talk with your child's Pediatrician and dentist to schedule their immunizations and screenings.



To see if you qualify for **free transportation** to your child's appointment, call CenCal Health's Member Services department toll-free at 1-877-814-1861 (TTY/TDD 1-833-556-2560 or 711), Monday - Friday, 8 a.m. - 5 p.m. or Ventura Transit Systems at (855) 659-4600.



For access to our **online health education library** with information, tools, and resources for preventive care and healthy lifestyles, visit www.cencalhealth.org and click on "Health and Wellness."



To **speak with a Health Educator** at CenCal Health, please call 1-800-421-2560 ext. 3126. Leave a voicemail with your request for support or information, and we will call you back as soon as possible. You can also request health education materials through your Member Portal account at qrco.de/CCHmemberportal.

For specific information on what services your child is due for, view the Preventive Health Guidelines at qrco.de/becN3m or open your mobile phone's camera and point it to this QR code, then click the link.



Your child has spent their first years exploring and discovering their world. Use the following immunization and screening schedule as a guide for your child from age 3 to age 12.

Screenings Your Child 3-12 years old will need.

- **Physical Exam:** At this exam, the health care provider will check your child's growth and development to find or prevent problems.
- **Fluoride varnish:** Prevents tooth decay and helps keep your child's teeth and gums healthy. Once teeth are present, fluoride varnish may be applied every 3-6 months until age 5.
- **Vision/Hearing Tests:** Vision screening is an important way to find any vision problems your child might have. Hearing screening is an important step in helping understand if your child may be deaf or hard of hearing.
- **Anxiety Screening:** Your child's doctor may screen your child for anxiety from ages 8 to 18 years and can help provide treatment and resources to help with anxiety.
- **Depression/Suicide Risk Screening:** Your child's doctor may screen your child for depression every year from ages 12-21 and can help provide treatment and resources.
- **Dyslipidemia Screening:** This screening checks for lipids (fat) in your child's blood that can affect heart health. For ages 9-11 and 17-21.
- **Cardiac Screening:** Your child's doctor may screen your child for risk of cardiac arrest or cardiac death from ages 11-21 years.

3 Years Old

Your 3-year-old is becoming a self-determined individual. At this check-up, your child's pediatrician will perform a complete physical exam and ask about your concerns. The pediatrician also will focus on reading and language development, healthy nutrition, and staying safe in the outside world.

Immunizations:

Get caught up on any missed or delayed vaccinations!

Screenings:

- Physical Exam
- Fluoride Varnish for any new teeth
- Vision Tests



4-6 Years Old

Growing up means more school days and playdates, which also means more opportunities for spreading germs and getting sick. As your child enters school age and interacts with more kids, help protect them from diseases by staying up to date on vaccinations.

Immunizations:

VAR (chickenpox), **DTaP** (Diphtheria, Tetanus, and Pertussis), **MMR** (Measles, Mumps, Rubella), **IVP** (Inactivated polio vaccine)

Screenings:

- Physical Exam
- Fluoride Varnish for any new teeth
- Vision and hearing exams



7-10 Years Old

Your child may be learning to become more independent at this stage. As they develop friendships and become more social, it's also time to make sure they are protected from cancer. The human papillomavirus (HPV) vaccine prevents cancer caused by several types of HPV.

Immunizations:

- **HPV** (Human papillomavirus), two doses 6-12 months apart starting at age 9
- Catch up on any missed vaccines like **VAR** (Chickenpox), **Hep A** (Hepatitis A), **Hep B** (Hepatitis B), **MMR** (Measles, Mumps, Rubella), **IVP** (Inactivated polio vaccine), **DTaP** (Diphtheria, Tetanus, and Pertussis)

Screenings:

- Physical Exam
- Vision and hearing exams
- Anxiety Screening

11-12 Years old

Although your 11 or 12-year-old is getting closer to their teen years, they are still dependent on you. Help them stay healthy by keeping them up to date with the recommended vaccines and screenings.

Immunizations:

- **HPV** (Human papillomavirus), two doses 6-12 months apart before age 13,
- **MCV** (Meningococcal), **DTaP** (Diphtheria, Tetanus, and Pertussis)

Screenings:

- Physical Exam
- Vision and hearing exams
- Anxiety Screening



2023—These guidelines are based on the CDC Recommended Immunization Schedules and the American Academy of Pediatrics Recommendations For Preventive Pediatric Health Care, aap.org.

Some people have concerns about vaccine safety. If you have any questions or concerns about vaccines, please talk with your child's Pediatrician.

If it's flu season, your child's Pediatrician will also recommend a flu vaccine.

