



## 2022 Pediatric Preventive Health Guidelines: Ages 0 through 6 Years

Highmark Blue Shield of Northeastern New York is a trade name of Highmark Western and Northeastern New York Inc., an independent licensee of the Blue Cross Blue Shield Association.

The Patient Protection and Affordable Care Act (PPACA, P.L. 111-148, March 23, 2010, as amended) requires, among other things, coverage of Bright Futures Children and Adolescent Recommendations and all A and B Recommendations as promulgated by the United States Preventive Services Task Force (USPSTF). Recommendations can be found at [https://www.aap.org/en-us/documents/periodicity\\_schedule.pdf](https://www.aap.org/en-us/documents/periodicity_schedule.pdf) and <http://www.uspreventiveservicestaskforce.org/Page/Name/uspstf-a-and-b-recommendations/>

History and Physical Exam	Description	References
<p><b>Newborn: (Before discharge from hospital)</b></p>	<p>Weight, length, head circumference.</p> <p>Hearing: AAP recommends objective screening for all newborns. US Preventive Services Task Force recommends screening for hearing loss in all newborn infants. B Recommendation</p> <p>The USPSTF recommends prophylactic ocular topical medication for all newborns to prevent gonococcal ophthalmia neonatorum. A Recommendation</p> <p>Counseling to promote breastfeeding USPSTF – B Recommendation</p> <p>NYS: Maternity coverage also includes parent education, training in breast or bottle feeding, and the performance of any necessary maternal and newborn clinical assessments. Comprehensive lactation support services, including breastfeeding equipment and supplies, must be provided without cost-sharing through the duration of breast feeding. This coverage includes the cost of renting or purchasing one (1) breast pump per pregnancy in conjunction with childbirth.</p> <p>Advise against offering any additional water to breast milk or formula up to 4 months of age due to water intoxication.</p>	<ol style="list-style-type: none"> <li>1. USPSTF (1996) Updated 2005, 2019</li> <li>2. AAP (2000) Updated 2003</li> <li>3. AAFP (2001) Updated 2005</li> <li>4. USPSTF (1996) Updated 2004</li> <li>5. USPSTF (2008) PKU</li> <li>6. USPSTF (1996) Updated 2007 Sickle Cell</li> <li>7. USPSTF (2008) Hypothyroidism</li> <li>8. HRSA-SACHDNC (2010)</li> <li>9. Bright Futures (2014)2018</li> <li>10. NYS: § 3221(k)(5) § 3221(l)(20) § 4303(c), (00) 29 USC § 1185 Circular Letter No. 5 (2018)</li> </ol>

History and Physical Exam	Description	References
<p><b>Well-Child Exam:</b></p> <p><b>- Weight</b></p>	<p>Hepatitis B vaccine (HepB) - Administer monovalent Hep B to all newborns before hospital discharge.</p> <p>Laboratory tests for hereditary/ metabolic screening/newborn blood screening including:  <u>Bilirubin</u> – Bright Futures</p> <p><u>Phenylketonuria</u>  If tested within the first 24 hours after birth, repeat screening test by 2 weeks. Premature infants and those with illnesses should be tested at or near 7 days of age, but in all cases before newborn nursery discharge. USPSTF – A Recommendation</p> <p><u>Critical Congenital Heart Disease (CCHD)</u> screening with pulse oximetry –recommended by SACHNDC and Bright Futures. HHS has not provided implementation guidance yet.</p> <p><u>Sickle Cell Disease</u>  All newborns regardless of birth setting. Birth attendants should make arrangements for samples to be obtained, and the first physician to see the child at an office visit should verify screening results. Confirmatory testing should occur no later than 2 months of age. USPSTF – A Recommendation</p> <p><u>Congenital Hypothyroidism</u>  All newborns between 2 and 4 days of age. Infants discharged from hospitals before 48 hours of life should be tested immediately before discharge. USPSTF – A Recommendation</p> <p>3-5 days, 1 month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 24 months, and 30 months, 3 through 6 years annually.</p> <p>These guidelines apply to healthy children. Children with medical conditions may require additional follow-up</p> <p>All well child visits</p>	<ol style="list-style-type: none"> <li>1. AAP (2000) Updated 2007</li> <li>2. Bright Futures (2008)</li> </ol> <ol style="list-style-type: none"> <li>1. AAP (2000) Updated 2007</li> <li>2. AAFP (2002) Updated 2005</li> <li>3. USPSTF (1996) Updated 2004, 2010, 2018</li> <li>4. CDC (2004)</li> </ol>

History and Physical Exam	Description	References
<p>- Height</p> <p>- BMI percentile</p>	<p>All well child visits</p> <p>All well child visits beginning at 2 yr. Calculate and plot BMI once a year in all children starting at 2 years of age.</p> <p>Children with a BMI at or above the 95th percentile (obese) would be allowed four (4) preventive health office follow-up visits specifically for obesity per year and a blood pressure taken; four unlimited nutritional counseling visits specifically for obesity per year; and one (1) set of recommended laboratory studies (lipid profile, hemoglobin A1c, AST, ALT, and fasting glucose)</p> <p>Children with a BMI at or above the 85th percentile through the 94th percentile (overweight) would be allowed four (4) preventive health office follow-up visits specifically for obesity per year and a blood pressure taken; unlimited nutritional counseling visits specifically for obesity per year; and one (1) set of recommended laboratory studies (lipid profile, hemoglobin A1c, AST, ALT, and fasting glucose).</p> <p>The USPSTF recommends that clinicians screen for obesity in children and adolescents 6 years and older and offer or refer them to comprehensive, intensive behavioral interventions to promote improvements in weight status. B Recommendation</p>	<p>5. Expert consensus opinion of the 2008 Preventive Health QI Committee</p> <p>6. Alliance for a Healthier Generation (2011)</p>
<p>- Head Circumference</p>	<p>All well child visits from first visit to 24 months of age</p>	
<p>- Blood Pressure</p>	<p>All well-child visits starting at 3 years of age, unless clinically indicated before age 3.</p>	<p>AAP (2000) Updated 2005</p>
<p>- Vision Screening Assessment:</p> <p>- Distance Visual Acuity</p> <p>- Ocular Alignment</p>	<p>3-year, 4-year, 5-year, 6-year and when indicated.</p> <p>If patient is uncooperative, re-screen within 6 months.</p> <p>This is not an optical exam. Optical exams require additional vision benefits.</p> <p>The USPSTF recommends screening to detect amblyopia or its risk</p>	<p>1. AAP (2000) Updated 2005</p> <p>2. USPSTF (1996) Updated 2004</p> <p>3. Bright Futures (2008)</p>

History and Physical Exam	Description	References
- <b>Ocular Media Clarity</b>	<p>factors, strabismus, and defects in visual acuity at least once in children ages 3-5 years old. B Recommendation.</p> <p>Bright Futures Vision Screening: Instrument based screening may be used to assess risk at ages 12 and 24 months, in addition to the well visits at 3-5 years of age.</p>	<ol style="list-style-type: none"> <li>1. AAP (2000) Updated 2005</li> <li>2. USPSTF (1996) Updated 2004,2011, 2017</li> <li>3. Bright Futures (2008) 2016</li> </ol>
<b>Maternal Depression Screening</b>	<p>Infant age - By 1 month, 2 months, 4 months, and 6 months</p> <p>NYS: To the extent this policy or contract provides coverage for maternal depression screening and requires the designation of a PCP, it must not limit an insured's direct access to screening and referral for maternal depression, as defined in § 2500-k of the Public Health Law, from a provider of obstetrical, gynecologic, or pediatric services of her choice; provided that the insured's access to such services, coverage, and choice of provider is otherwise subject to the terms and conditions of the contract or policy under which the insured is covered. However, if the infant is covered under a different policy than the mother and the screening and referral are performed by a provider of pediatric services, coverage for the screening and referral shall also be provided under the policy in which the infant is covered.</p>	<ol style="list-style-type: none"> <li>1. Bright Futures</li> <li>2. NYS: §3217-g §4306-f PHL § 2500-k PHL § 4406-f 11 NYCRR 52.18(a)(11) Circular Letter No. 1 (2016)</li> </ol>
<b>Hearing Screening</b>	<p>4 years, 5 years, 6 years and when indicated</p> <p>Children identified at risk for hearing loss should be objectively screened annually.</p>	<ol style="list-style-type: none"> <li>1. AAP (2000) Updated 2005</li> <li>2. USPSTF (2001) Updated 2008</li> <li>3. Bright Futures (2008)</li> </ol>
<b>Developmental Screening/ Autism Screening</b>	<p>Developmental screenings at 9, 18, and 30 months of age (though the 30-month screening can be completed as early as 24 months if the clinical need arises) and Autism Screening at 18 and 24 months of age.</p> <p>Different tests can be used for screenings (This list is not all-inclusive).</p> <ul style="list-style-type: none"> <li>• PEDS (parents' evaluation of developmental status) for general developmental screening</li> <li>• CHAT (checklist for autism in toddlers)</li> <li>• M-CHAT for autism screening</li> <li>• M-CHAT-R/F for autism screening</li> </ul>	<ol style="list-style-type: none"> <li>1. AAP (2000) Updated 2010</li> <li>2. USPSTF (2001) Updated 2004</li> <li>3. Bright Futures (2008)</li> <li>4. NIH (2014)</li> </ol>
<b>Counseling Ultraviolet Radiation Exposure</b>	<p>The USPSTF recommends counseling young adults, adolescents, children, and parents of young children about minimizing exposure to</p>	<ol style="list-style-type: none"> <li>1. USPSTF (2018)</li> </ol>

History and Physical Exam	Description	References
	ultraviolet (UV) radiation for persons aged 6 months to 24 years with fair skin types to reduce their risk of skin cancer. B Recommendation.	
<b>Fluoride Varnish</b>	The USPSTF recommends the application of fluoride varnish to the primary teeth of all infants and children starting at the age of primary tooth eruption in primary care practices. The USPSTF recommends primary care clinicians prescribe oral fluoride supplementation starting at age 6 months for children whose water supply is fluoride deficient. B Recommendation	1. USPSTF 2008, 2014

History and Physical Exam	Description	References
<p><b>Anticipatory Guidance/ Psychosocial Screening/Sexual History &amp; Reproductive Guidance</b></p>	<p>All well child visits</p> <p><u>Anticipatory Guidance/Psychosocial Screening:</u></p> <p>Age appropriate discussions include but not limited to substance abuse, drinking and driving/riding with someone who is under the influence of alcohol and or other abusive substances, tobacco use and second hand smoke exposure, promote smoke-free household, child abuse / domestic violence, counseling to promote breastfeeding, advise against offering any additional water to breast milk or formula up to 4 months of age due to water intoxication ; nutrition/exercise, initial dental exam at age three, oral fluoride supplementation at currently recommended doses to preschool children older than 6 months of age whose primary water source is deficient in fluoride USPSTF – B Recommendation.</p> <p>The USPSTF recommends that primary care clinicians provide interventions, including education or brief counseling, to prevent initiation of tobacco use among school-aged children and adolescents. B Recommendation. April 2020</p> <p>To prevent rickets and vitamin D deficiency in healthy infants and children, a vitamin D intake of at least 400 IU/day is recommended. To meet this intake requirement, the following suggestions are made:</p> <ul style="list-style-type: none"> <li>• Breastfed and partially breastfed infants should be supplemented with 400 IU/day of vitamin D. Supplementation should be continued unless the infant is weaned to at least 1 L/day or 1 qt/day of vitamin D–fortified formula or whole milk. Whole milk should not be used until after 12 months of age. In those children between 12 months and 2 years of age for whom obesity is a concern, the use of reduced-fat milk would be appropriate.</li> <li>• All nonbreastfed infants, as well as older children who are ingesting &lt;1000 mL/day of vitamin D–fortified formula or milk, should receive a vitamin D supplement of 400 IU/day. Other dietary sources of vitamin D, such as fortified foods, may be included in the daily intake of each child.</li> <li>• Pediatricians and other health care professionals should strive to make vitamin D supplements readily available to all</li> </ul>	<ol style="list-style-type: none"> <li>1. AAP (2000) Updated 2009</li> <li>2. AAFP (2001) Updated 2005</li> <li>3. USPSTF (1996) 2008, 2012, 2013, 2014, 2020</li> <li>4. AAPD (2003)</li> <li>5. ACOG (2006)</li> </ol>

History and Physical Exam	Description	References
	children within their community, especially for those children most at risk.	
<b>Safety Issues</b>	<p>All well child visits            Safety Issues – age-appropriate discussions include:</p> <ul style="list-style-type: none"> <li>• Traffic Safety; bicycle safety, car seats, motorcycle helmet use, seatbelts, ATVs, skateboards, scooters, in-line skating.</li> <li>• Burn Prevention: hot water temperature, milk and formula heating, smoke detectors, electrical outlets, grills, irons, ovens, fires.</li> <li>• Fall Prevention: window and stairway gates/guards, falls,</li> <li>• Choking Prevention: choking/suffocation,</li> <li>• Drowning Prevention: water safety, buckets, bathtubs, lifejackets, diving, pool safety</li> <li>• Firearm Safety: in home firearms, storage</li> <li>• Sports Safety: protective equipment, conditioning</li> <li>• Heat Stress in Exercising</li> <li>• Safe Sleep Environment: sleep position “Back to Sleep”, co-sleeping, family bed</li> <li>• Poison Prevention; phone number for poison control center.</li> <li>• Syrup of ipecac is no longer to be used as a home treatment strategy.</li> <li>• Instructions on how to call for help local emergency services, CPR</li> <li>• Sun exposure</li> <li>• Depression/suicide</li> <li>• Bug safety</li> <li>• School hazards and recreational hazards such as on playgrounds and in back yards</li> <li>• Lawn mower hazards</li> <li>• Other high-risk behaviors such as cutting behavior and the choking game.</li> </ul>	<ol style="list-style-type: none"> <li>1. AAP (2000) Updated 2008</li> <li>2. AAFP (1996) Updated 2005</li> <li>3. USPSTF (1996) updated 2004</li> <li>4. Pediatrics 2007</li> <li>5. AAP (2009)</li> </ol>
<b>Lead Screening</b>	<ul style="list-style-type: none"> <li>• 9 months or older when indicated</li> <li>• 12 and 24 months per Bright Futures and when indicated</li> </ul> <p>NYS: Testing for all children with a blood lead test at age 1 year and then again at age 2. In addition, assess all children ages six months to six years at every well visit for risk of lead exposure and obtain a blood lead test if there is a positive response to any of the risk</p>	<ol style="list-style-type: none"> <li>1. AAP (2005) (2017)</li> <li>2. USPSTF (1996) Updated 2006</li> <li>3. Bright Futures 2018, 2021</li> <li>4. NYS Section 67-1.2 Lead Screening and follow-up of children by health care providers (10/1/2019)</li> </ol>

History and Physical Exam	Description	References
	assessment questions.	
<b>Hematocrit or Hemoglobin</b>	<ul style="list-style-type: none"> <li>The USPSTF concludes that the current evidence is insufficient to assess the balance of benefits and harms of screening for iron deficiency anemia in children ages 6 to 24 months. I Recommendation</li> <li>Once at 12 months (Bright Futures) a risk assessment thereafter</li> </ul>	<ol style="list-style-type: none"> <li>AAP (2000) Updated 2003</li> <li>USPSTF (1996) Updated 2004 2015</li> <li>Bright Futures (2014) 2015, 2018</li> </ol>
<b>Tuberculosis</b>	<ul style="list-style-type: none"> <li>12 months to 18 years when indicated</li> </ul>	<ol style="list-style-type: none"> <li>AAP (2000) Updated 2003</li> <li>USPSTF (1996) Updated 2004</li> </ol>
<b>Cholesterol Screening</b>	<ul style="list-style-type: none"> <li>24 months to 18 years when indicated</li> </ul>	<ol style="list-style-type: none"> <li>AAP (2000) Updated 2003</li> </ol>

## References

- [www.aafp.org/exam.xml](http://www.aafp.org/exam.xml) AAFP (2005)
- [www.accessexcellence.org/WN/SUA05/dna\\_test\\_chlamydia.html](http://www.accessexcellence.org/WN/SUA05/dna_test_chlamydia.html) DNA Test for Chlamydia, January 28, 1995.
- Tuberculosis Screening Fact Sheet*, Minnesota Department of Health, March 2002.
- American Academy of Pediatrics. *Don't Treat Swallowed Poison With Syrup of Ipecac Says AAP*. November 3, 2003.
- [www.cdc.gov/nccdphp/dnpa/bmi/](http://www.cdc.gov/nccdphp/dnpa/bmi/) BMI: Body Mass Index. April 17, 2003.
- <http://www.aap.org/advocacy/releases/aug08vaccinatefamily.htm> AAP (August 5, 2008).
- US Preventive Services Task Force. *Guide to Clinical Preventive Services*. 2<sup>nd</sup> ed. Washington, DC: US Department of Health and Human Services; 1996.
- American Academy of Pediatrics, Committee on Practice and Ambulatory Medicine. Recommendations for pediatric preventive health care. [www.aap.org](http://www.aap.org) 2000.
- American Academy of Family Physicians. *Summary of Policy Recommendations for Periodic Health Examination*. Kansas City, MO: American Academy of Family Physicians; 2004.
- American College of Obstetricians and Gynecologists. *Cervical Cancer Screening: Testing Can Start Later and Occur Less Often Under New ACOG Recommendations*. July 31, 2003.
- American College of Obstetricians and Gynecologists. *Primary and Preventive Care: Periodic Assessments*. Washington, DC: 2000.
- American College of Obstetricians and Gynecologists. *ACOG Clarifies Recommendations on Cervical Cancer Screening in Adolescents*. September 30, 2004.
- <http://www.portal.state.pa.us/portal/server.pt> In the "Search PA" box type "lead\_elimination\_plan\_for\_2010.pdf" PA Dept of Health Lead Elimination Plan
- Pediatrics* 2007 Jan;119 (1):202-6



15. <http://www.aap.org/advocacy/releases/dec08infantformula.htm>
16. <http://brightfutures.aap.org/pdfs/AAP%20Bright%20Futures%20Periodicity%20Sched%20101107.pdf>
17. <http://www.aap.org/>
18. Wagner, CL, Greer FR, American Academy of Pediatrics Section on Breastfeeding, American Academy of Pediatrics Committee on Nutrition. Prevention of rickets and vitamin D deficiency in infants, children, and adolescents. *Pediatrics* 2008 Nov; 122(5): 1142-52, National Guideline Clearinghouse Summary updated on June 8, 2009.
22. American Academy of Pediatrics, Summer Safety Tips – Part 1, 2009. <http://www.fcctf.org/pdf%20files/Parenting%20info%20pdfs/Summer%20Safety%20Tips.pdf>
23. U.S. Preventive Services Task Force. Screening for obesity in children and adolescents: U. S. Preventive Services Task Force Recommendation Statement. *Pediatrics* 2010; 125:361-367 <http://www.uspreventiveservicestaskforce.org/uspstf/uspshobes.htm>
24. *Pediatrics* 2007; 120; S164-S192; "Expert Committee recommendations Regarding the Prevention, Assessment, and Treatment of Child and Adolescent Overweight and Obesity: Summary Report" by Sarah E. Barlow and the Expert Committee.
25. Licensure of a 13-Valent Pneumococcal Conjugate Vaccine (PCV 13) and Recommendations for Use Among Children, Advisory Committee on Immunization Practices (ACIP), 2010. [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5909a2.htm?s\\_cid=mm5909a2\\_e](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5909a2.htm?s_cid=mm5909a2_e) (March 12, 2010)
26. <http://www.aafp.org/online/en/home/clinical/immunizationres/2010immunizationschedulesupdates.html> (March, 2010)
27. <http://pediatrics.aappublications.org/cgi/content/abstract/peds.2010-1280v1> (May 24, 2010)
28. Council on Children With Disabilities, Section on Developmental Behavioral Pediatrics, Bright Futures Steering Committee, and Medical Home Initiatives for Children With Special Needs Project Advisory Committee (1 Jul 2006) Identifying **Infants and Young Children With Developmental Disorders in the Medical Home: An Algorithm for Developmental Surveillance and Screening** *Pediatrics* 118 (1) : 405-420. Policy Reaffirmation: <http://aappolicy.aappublications.org/cgi/content/abstract/pediatrics;118/1/405> (February 1, 2010)
29. <http://www.hrsa.gov/heritabledisorderscommittee/sachdnc.pdf> Health Resources and Services Administration (HRSA) Uniform Panel of the Secretary's Advisory Committee on Heritable Disorders in Newborns and Children (SACHDNC) recommended Uniform Screening Panel.
30. <http://www.healthiergeneration.org/> Alliance for a Healthier Generation.