

# Well-Child Visits and Immunizations



HealthPartners  
Park Nicollet

## What to expect from birth to 20 years old

Use the following guide to help schedule all of your child's recommended preventive healthcare visits. Making sure your child regularly sees his or her clinician helps support your child's health and well-being.

Well-child visit by age	Infancy							Early childhood						
	Birth	By 1 week	By 1 month	2 months	4 months	6 months	9 months	12 months	15 months	18 months	2 years	2.5 years	3 years	4 years
Physical examination	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Weight and length or height	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Body mass index (BMI)											•	•	•	•
Head circumference	•	•	•	•	•	•	•	•	•	•	•	•		
Blood pressure													•	•
Hearing	•												•	•
Vision													•	•
Health form*		•	•	•	•	•	•	•	•	•	•	•	•	•
Blood tests								•			•			
<b>Immunizations</b>														
COVID-19 <sup>^</sup>								COVID-19						
Influenza (during flu season) <sup>†</sup>								Annual vaccine, 1 or 2 doses						
Varicella (chickenpox)								•						•
Measles/mumps/rubella (MMR)								•						•
Inactivated polio virus (IPV)				•	•	•								•
Hepatitis B (Hep B)	•			•	•	•								•
Rotavirus				•	•	•								•
Haemophilus influenzae type B (Hib)				•	•				•					•
Pneumococcal conjugate (PCV)				•	•	•			•					•
Diphtheria/tetanus/pertussis (DTaP)				•	•	•			•					•
Hepatitis A (Hep A)								•		•				
<b>Oral health</b>														
Oral health check		•	•	•	•	•	•	•	•	•	•	•	•	•
Fluoride varnish						•	•	•	•	•	•	•	•	•

3 years and older: Your child will need to undress (underwear can remain on) and put on a gown for getting weighed and having a physical exam.

<sup>^</sup> Number of doses recommended depends on your child's age and type of COVID-19 vaccine used.

\* Health form: Every well-child visit includes a health form. If you receive the form by mail, complete and bring to the visit, or arrive early to complete at your clinic. Bring any sports, camp, school and childcare forms that you need your clinician to complete.

<sup>†</sup> Influenza: Children 6 months through 8 years old who get influenza vaccine for the first time should get two doses – the second dose should be given at least four weeks after the first dose.



Well-child visit by age	Middle childhood						Adolescence							Adulthood			
	5 years	6 years	7 years	8 years	9 years	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years	20 years	
Physical examination	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
Weight and height	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
Body mass index (BMI)	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
Blood pressure	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
Hearing	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
Vision	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
Health form**	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
<b>Lab tests (12 to 20 years)</b>																	
HIV														Recommended time range			
Cholesterol (based on risk factors)							Recommended time range										
Hemoglobin (menstruating females only)														Recommended time range			
Chlamydia screening (females only)													•	•	•	•	
<b>Immunizations</b>																	
COVID-19 <sup>^</sup>	COVID-19																
Influenza (during flu season) <sup>†</sup>	Annual vaccine, 1 or 2 doses					Annual vaccine, 1 dose only											
Tetanus/diphtheria/pertussis (Tdap)*							•										
Human papillomavirus (HPV) <sup>‡</sup>							Optional***	If not already given, 2-3 doses dependent on patient age									
Meningococcal conjugate (MCV)							•						•				
<b>Oral health</b>																	
Oral health check	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
Fluoride varnish	•																

Exam and tests: Your child will undress (underwear can remain on) and put on a gown to get weighed and have a physical exam. Depending on age and gender, certain lab tests will be done. Talk to your clinician about using an alternative immunization schedule, if needed.

12 years and older: Time is provided during appointment for teens to discuss questions or concerns privately with their clinician.

<sup>^</sup> Number of doses recommended depends on your child's age and type of COVID-19 vaccine used.

\*\* Health form: Your child will be asked to complete some questions on their own. Bring any sports, camp and school forms that you need your clinician to complete.

\*\*\* The American Academy of Pediatrics recommends giving HPV as early as 9. Please discuss with your clinician.

\* Tdap: If a teen is pregnant, Tdap should also be given during pregnancy, preferably between 27 and 36 weeks of gestation.

† Influenza: Children 6 months through 8 years old who get influenza vaccine for the first time should get two doses – the second dose should be given at least four weeks after the first dose.

‡ HPV: This vaccine requires two doses. The second dose should be given at least six months after the first dose. If vaccine is started at 15 years old or older, three doses are needed. The second dose should be given one to two months after the first dose. The third dose should be given at least six months after the first dose.