

## Listed below are definitions of the immunizations (shots) and laboratory tests that may be part of you or your child's doctor visit.

All information in this brochure is guidelines adopted by Molina (Clinical Quality Management Committee 3/16/11) from the American Academy of Pediatrics, the Advisory Committee of Immunization Practices, The U.S. Preventive Services Task Force, and The American Academy of Family Physicians. For detailed Preventive Health Guidelines, visit the Molina website: <http://www.molinahealthcare.com>

### Immunizations (shots)

**DTaP or Tdap (Diphtheria, Tetanus, Pertussis) or Td (Tetanus, Diphtheria)** – a series of shots to prevent children and adults from getting diphtheria, tetanus (lockjaw), or pertussis (whooping cough). These diseases can cause death and disability.

**Flu (influenza vaccination)** – a shot to prevent very young children age 6 months to 18 years, adults age 50 and older, or high risk individuals from getting the flu. Flu can cause a serious illness.

**HepA (Hepatitis A)** – a series of two shots to prevent from getting a serious liver disease. This disease can cause flu-like illness, jaundice (yellow-skin or eyes), severe stomach pains, and diarrhea. May need to be treated in a hospital.

**HepB (Hepatitis B)** – a series of three shots to prevent from getting a serious liver disease. This disease can lead to liver damage, liver cancer, or death.

**Hib** – a series of shots to prevent from getting a virus that can cause serious infections in infants and young children.

**HPV (Human Papillomavirus)** – a series of shots for young females, 11-26 years of age, to prevent the virus that causes cervical cancer.

**IPV** – a series of shots to prevent children from getting polio.

**Meningococcal Vaccine (MCV)** - a shot to prevent meningitis.

**MMR (Measles, Mumps, Rubella/German Measles)** – a series of shots to protect from measles, mumps, and rubella. Measles is a serious and often fatal disease. Mumps is a disease that can cause you or your child to become sterile or deaf as an adult. Rubella is a disease that can cause birth defects in the unborn baby of a pregnant woman.

**PCV** – a series of shots to prevent children and adults from getting pneumococcal disease. This is a serious disease that causes meningitis, blood infections, ear infections, and even death in children less than 5 years of age.

**RV (Rotavirus)** – a series of shots to prevent severe diarrhea among young children.

**VAR (Varicella/Chickenpox)** – a shot to prevent children and adults from getting chickenpox.

**Shingles (Herpes Zoster)** – a shot to prevent adults from getting shingles.

### Laboratory Screenings/Tests

Listed below are laboratory screenings/tests you or your child may receive as part of your visit with your doctor.

**Abdominal Aortic Aneurism (AAA)** - a screening done to measure the outer diameter of the aorta for men who have ever smoked.

**Anemia Testing** - a hematocrit/hemoglobin test to check for anemia, usually done by a pinprick on the finger.

**Blood Lead Test** – High lead levels in children can cause learning problems.

**Blood Pressure (BP)** – screening to see if you have high blood pressure.

**Body Mass Index (BMI)** – a measurement of body fat based on height and weight.

**Breast Exam** – an exam of the breast tissue done by your doctor to find any breast lumps, masses, or other problems. Ask your doctor how to check your breasts each month.

**Chlamydia** – a test to check for a sexually transmitted infection.

**Cholesterol Test** – to check for good and bad cholesterol levels in the blood.

**Colonoscopy** – a test to look at and photograph your entire large intestine. The test can be used to diagnose and treat problems of the large intestine.

**Diabetes Screening** - Blood test to see if you have high blood sugar.

**Fecal Occult Blood** – a test to check for blood in your bowel movement.

**Flexible Sigmoidoscopy** – a test used to look at and photograph the last 10-12 inches of the large intestine. The test can be used to diagnose and treat problems of the large intestine.

**Mammogram** – an x-ray of the breast to check for cancer.

**Osteoporosis Screening** – to screen for weakness and disease of bone in women.

**Pap Smear** – a test to check for cancer of the cervix.

**STI Screening** - Screening for sexually transmitted infections such as Chlamydia, Gonorrhea, Syphilis and HIV.

**TB (Tuberculosis)** – a skin test to show if a person has been exposed to TB.

**Well Child Exam** – Periodic and/or annual medical exam for children. It includes medical history, physical check-up, BP, weight, height, BMI, head circumference, health education, and any clinician recommended tests or screenings, such as dental caries, vision, hearing, iron deficiency and lead screening.

**Well Teen Exam** – Annual exam similar to the Well Child exam. May also include lipid screening, cervical cancer, Chlamydia, and other sexually transmitted infections.

# Grow & Stay Healthy

Guidelines to Live By



Raising a child can be a lot of work! Trying to remember when to take them to the doctor or which immunizations they need can be a little confusing. Follow the guidelines recommended by Molina, and you will help your child grow up healthy!

## Molina Healthcare Well Child and Well Teen Services Schedule

Age	Recommended Check-up, Immunizations, and Testing
Under 1 Month	Well Child Exam, HepB
1 Month	Well Child Exam
2 Months	Well Child Exam, IPV, Hib, PCV 13, DTaP, HepB, RV
4 Months	Well Child Exam, IPV, DTaP, Hib, PCV 13, RV
6 Months	Well Child Exam, IPV, Hib, DTaP, HepB, PCV 13, Flu, RV
9 Months	Well Child Exam
12 Months	Well Child Exam, Blood Lead Test, VAR, MMR, Hib, PCV 13, HepA, Anemia Testing
15 Months	Well Child Exam, DTaP
18 Months	Well Child Exam, HepA
2 Years	Well Child Exam, Blood Lead Test, Flu, MCV
30 months	Well Child Exam
3 Years	Well Child Exam, Flu
4 Years	Well Child Exam, IPV, TB test, MMR, DTaP, Flu, VAR
5 - 10 Years	Well Child Exams each year, Flu (annually), Tdap**
11 Years	Well Teen Exam, Tdap, TB test, MCV, HPV, Flu
12 - 21 Years	Well Teen Exams each year, Flu (annually)



\* Cervical cancer and Chlamydia screenings are recommended for all sexually active females; STD screenings are recommended for sexually active teens. These are recommended age-based guidelines only. Your doctor may recommend other tests or screenings during the Well Child/Teen Exam visits.

\*\*One time dose for children 7 yrs and older who did not receive Tdap.

## Pregnancy

<b>Pregnancy</b>	All pregnant women should receive timely prenatal visits in the first trimester and throughout pregnancy.
<b>First Trimester</b>	(0-13 weeks of pregnancy) See your doctor as soon as you know you are pregnant.
<b>Second Trimester</b>	(14 to 27 weeks of pregnancy) Monthly visits with your OB provider*
<b>Third Trimester</b>	(28 to 40 weeks of pregnancy) Bi-weekly to weekly visits with your OB provider*
<b>Postpartum Visits</b>	Should be completed within 21 to 56 days (3 to 8 weeks) after delivery.

Specific screenings and tests are included as part of your prenatal and postpartum visits based on your doctors advise.

\*The number of visits with your OB may vary based on your individual needs.

These visits are important to the health of you and your baby. If you are pregnant, call **Molina's Motherhood Matters<sup>SM</sup> Pregnancy program at 1 (877) 665-4628**, Monday through Friday, between 8:30 a.m. and 5:30 p.m.

Adults also need to follow guidelines to stay healthy. Preventive care is important to everyone's health. Molina has provided you with the guidelines below, so you can know when and which tests and immunizations you need.

## Molina Healthcare Well Adult and Senior Services Schedule

Recommended Check-up or Test	21 – 39 Years	40-64 Years	65 Years and Over
<b>Blood Pressure</b>	Every 1 – 2 years	Every 1 – 2 years	Every 1 – 2 years
<b>Height/Weight/BMI</b>	Periodically	Periodically	Periodically
<b>Hearing and Vision</b>			Periodically
<b>Pap Smear</b>	At least every 3 years	At least every 3 years	For high risk
<b>Cholesterol<sup>1</sup></b>	Every 1 – 5 years	Every 1 – 5 years	Every 1 – 5 years
<b>Mammogram</b>		Every 1 – 2 years	Every 1 – 2 years
<b>Fecal Occult Blood<sup>2</sup></b>		Every year	Every year
<b>Flexible Sigmoidoscopy<sup>2</sup></b>		Every 5 years	Every 5 years
<b>STI (Chlamydia, Gonorrhea, Syphilis and HIV)<sup>3</sup></b>	For sexually active adults and adults at high risk based on doctors recommendation.		
<b>Colonoscopy<sup>2</sup></b>		Every 10 years	Every 10 years
<b>Diabetes Screening</b>	Every 3 years	Every 3 years	Every 3 years
<b>Osteoporosis Screening<sup>4</sup></b>		Periodically	Periodically
<b>Abdominal Aortic Aneurism</b>			One time for men 65-75 years

1. Periodic screening for men starting at age 35 and women starting at age 45.
2. For men and women 50 years of age or older.
3. Recommended to all sexually active females age 24 years or younger and females at increased risk, as assessed by the clinician.
4. For women at increased risk, start at age 60.

## Adult and Senior Immunizations (Ages 22 and Older)

<b>Td/Tdap</b>	Once every 10 years.
<b>MMR</b>	Once if no proof of childhood shots or immunity.
<b>Influenza Vaccine</b>	Once every year during flu season for all adults and seniors
<b>Pneumococcal Vaccine</b>	One dose for high risk individuals.
<b>Varicella (Chicken Pox)</b>	Two doses if no proof of shots or immunity.
<b>Hepatitis A</b>	Two doses for high risk individuals.
<b>Hepatitis B</b>	Three doses for high risk individuals.
<b>HPV</b>	Three doses for females age 26 years or younger.
<b>Meningococcal Vaccine</b>	Once for high risk individuals and re-vaccination after 5 years for high risk individuals.
<b>Herpes Zoster (Shingles)</b>	Once for adults 60 years of age or older.

**To get this information in other languages and accessible formats, please call Member Services at 1-888-665-4621.**



This brochure tells you and your family about health care services you may need. These services will help you to stay healthy. This is a guide and should not replace your doctor's advice. Please read the brochure and discuss it with your doctor.

You can also call Molina Healthcare's Health Education Department at 1-800-526-8196 ext. 127532 if you have any questions.

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