### Preventive care is covered at 100%

**Don't put off your child's checkups and vaccines.**

Healthy babies can cry up to three hours a day.

People who carry HiB bacteria can spread the disease without becoming ill themselves.

#### 1 month

- **Milestones:** Sucks, roots and turns head toward a nipple in search of food
- **Recommended vaccine:** Hep A

#### 2 months

- **Milestones:** Raises upper body with arms while lying on tummy
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 3 months

- **Milestones:** Grasps objects between the tip of the thumb and index finger
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 4 months

- **Milestones:** None
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 5 months

- **Milestones:** Sits and crawls
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 6 months

- **Milestones:** Drinks from a cup with very little spilling
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 7 months

- **Milestones:** Scrabbles
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 8 months

- **Milestones:** Kicks a ball without losing balance
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 9 months

- **Milestones:** Builds a tower of two to four blocks
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 10 months

- **Milestones:** Understands two-step commands
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 11 months

- **Milestones:** Organizes phrases of two to three words
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 12 months

- **Milestones:** Takes steps while holding a hand
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 13 months

- **Milestones:** None
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 14 months

- **Milestones:** Drinks from a cup with little to no spilling
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 15 months

- **Milestones:** Drinks from a cup without help
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 16 months

- **Milestones:** Drinks from a cup without help
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 17 months

- **Milestones:** Drinks from a cup without help
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 18 months

- **Milestones:** Drinks from a cup without help
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 19 months

- **Milestones:** Drinks from a cup without help
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 20 months

- **Milestones:** Drinks from a cup without help
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 21 months

- **Milestones:** Drinks from a cup without help
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 22 months

- **Milestones:** Drinks from a cup without help
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 23 months

- **Milestones:** Drinks from a cup without help
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

#### 24 months

- **Milestones:** Drinks from a cup without help
- **Recommended vaccines:** IPV, Hep B, HiB PCV, RV D Tap

### Did you know?

- **Checkup date:** [Insert date]

- **Did you know?**

- **Questions for your pediatrician:** ____________________________________________________________________________________________

### ANTHEM Blue Cross

This guide is for people enrolled in the Anthem plan. Some concerns about your health.

People may be at higher risk for health issues due to their family history, their race or ethnicity, or other reasons. Talk to your doctor if you have concerns about your health.

ANTHEM Blue Cross is the trade name of Blue Cross of California. ANTHEM is a registered trademark of the Blue Cross Association.

Se habla español.

People who carry HiB bacteria can spread the disease without becoming ill themselves.

People who are independent licensees of the Blue Cross Association. ANTHEM is a registered trademark of the Blue Cross Association.
Congratulations on your baby!

Welcome to the world of parenting! Your baby is now just starting to experience the world around them. They are growing and developing at their own unique pace. As they grow, they will develop new skills and abilities. This is also a time when they are learning and growing emotionally.

What does my baby need vaccinations?

Vaccinations are an important part of your baby’s health care. They protect your baby from many diseases by stimulating the immune system into creating antibodies. Antibodies are produced by the body to help it fight off disease-causing bacteria or viruses. While vaccination is important, it’s also important to remember that there are a number of other things you can do to keep your baby healthy.

My baby's health and safety

Your baby’s health and safety are important to you. It can be hard to know what to do as a parent. You want to do the best for your baby, but sometimes it’s hard to know what to do. That’s why it’s important to talk to your pediatrician or family doctor. They can help you with your baby’s health and safety.

Checkups and screenings

The American Academy of Pediatrics recommends that your baby have four checkups during the first year of life. Checkups help your baby’s doctor make sure that your baby is growing and developing normally. Checkups also give your baby’s doctor a chance to talk to you about your baby’s health and safety.

Before vaccines, many children died from polio, whooping cough and measles. While these diseases are not as common today, they can still cause serious health problems. This is why it’s so important to get your baby vaccinated. When a baby is vaccinated, their immune system is able to fight off disease-causing bacteria or viruses. This helps prevent disease and keeps your baby healthy.

Recommended vaccines

The following vaccines are recommended by the American Academy of Pediatrics (AAP) and the Centers for Disease Control and Prevention (CDC):

- Diphtheria, tetanus, pertussis (DTaP)
- Polio
- Haemophilus influenza type b
- Varicella (chickenpox)
- Hepatitis B
- Influenza (flu)
- Mumps
- Rubella
- Measles
- Pneumococcal conjugate (PCV)

See the chart below to learn about the complications of diseases that are preventable.

The content in this guide is based on state-specific requirements and suggestions from the American Academy of Family Physicians, American Academy of Pediatrics, Advisory Committee on Immunization Practices, the American College of Obstetrics and Gynecology, Medline Plus, U.S. National Library of Medicine and American Academy of Pediatrics, “Bright Futures”.

References for Immunizations: Centers for Disease Control and the US Preventive Services Task Force.

24/7 NurseLine

Registered nurses are available right now to help you with your health concerns. Call the toll-free 24/7 NurseLine number to talk with you about your health concerns.
### Preventive Care

#### Birth to 5 days

- **Hep B**: The first dose of this series is usually given while you are in the hospital.

#### 1 month

- **DPT**: Diphtheria, pertussis (whooping cough), and tetanus
- **Rotavirus**: Important for the prevention of severe diarrhea in young children

#### 2 months

- **Hep B**: The second dose of this series is given.
- **IPV**: Inactivated polio vaccine
- **HiB PCV**: Haemophilus influenzae type b, pneumococcal conjugate vaccine
- **RV D Tap**: Rotavirus vaccine

#### 4 months

- **Hep B**: The third dose of this series is given.
- **IPV**: Inactivated polio vaccine
- **HiB PCV**: Haemophilus influenzae type b, pneumococcal conjugate vaccine
- **RV D Tap**: Rotavirus vaccine

#### 6 months

- **DPT**: Diphtheria, pertussis (whooping cough), and tetanus
- **IPV**: Inactivated polio vaccine
- **HiB PCV**: Haemophilus influenzae type b, pneumococcal conjugate vaccine
- **RV D Tap**: Rotavirus vaccine

#### 9 months

- **DPT**: Diphtheria, pertussis (whooping cough), and tetanus
- **IPV**: Inactivated polio vaccine
- **HiB PCV**: Haemophilus influenzae type b, pneumococcal conjugate vaccine
- **RV D Tap**: Rotavirus vaccine
- **MMR Varicella**: Mumps, measles, rubella, and varicella vaccines

#### 12 months

- **DPT**: Diphtheria, pertussis (whooping cough), and tetanus
- **IPV**: Inactivated polio vaccine
- **HiB PCV**: Haemophilus influenzae type b, pneumococcal conjugate vaccine
- **RV D Tap**: Rotavirus vaccine
- **MMR Varicella**: Mumps, measles, rubella, and varicella vaccines

#### 15 months

- **DPT**: Diphtheria, pertussis (whooping cough), and tetanus
- **IPV**: Inactivated polio vaccine
- **HiB PCV**: Haemophilus influenzae type b, pneumococcal conjugate vaccine
- **RV D Tap**: Rotavirus vaccine
- **MMR Varicella**: Mumps, measles, rubella, and varicella vaccines

#### 18 months

- **DPT**: Diphtheria, pertussis (whooping cough), and tetanus
- **IPV**: Inactivated polio vaccine
- **HiB PCV**: Haemophilus influenzae type b, pneumococcal conjugate vaccine
- **RV D Tap**: Rotavirus vaccine
- **MMR Varicella**: Mumps, measles, rubella, and varicella vaccines

#### 24 months

- **DPT**: Diphtheria, pertussis (whooping cough), and tetanus
- **IPV**: Inactivated polio vaccine
- **HiB PCV**: Haemophilus influenzae type b, pneumococcal conjugate vaccine
- **RV D Tap**: Rotavirus vaccine
- **MMR Varicella**: Mumps, measles, rubella, and varicella vaccines

### Parental Advice

- **Healthy babies can cry up to three hours a day.**
- **Separation anxiety is normal at this age.** Babies will cling to parents even if they are with a familiar person.
- **Television and electronic devices should be avoided before age two (24 months).**
- **Toddlers grow at a slower rate than younger babies and have less of an appetite compared to previous months.**

### Questions for Your Pediatrician

- **Did you know?**
  - Healthy babies can cry up to three hours a day.
  - Separation anxiety is normal at this age. Babies will cling to parents even if they are with a familiar person.
  - Television and electronic devices should be avoided before age two (24 months).
  - Toddlers grow at a slower rate than younger babies and have less of an appetite compared to previous months.

### Milestones

- **Grasps objects**
- **Doubles birth weight**
- **Sits and crawls**
- **Can stand alone and may walk**
- **Picks up objects while standing without losing balance**
- **Drinks from a cup with very little spilling**
- **Uses a spoon and cup, with help, to feed self**
- **Builds a tower of two to four blocks**
- **Understands two-step commands**
- **Organizes phrases of two to three words**
- **Kicks a ball without losing balance**
- **Runs stiffly and with frequent falls**
- **Uses walking cane to help walk**
- **Scribbles**
- **Smiles and turns head to locate sound**
- **Smiles when parents are not there**
- **Separation anxiety is normal at this age. Babies will cling to parents even if they are with a familiar person.**

### Important Information

- **Checkup date:** Needs to be scheduled.
- **Preventive care is covered at 100%** by Blue Cross and Blue Shield. This means no cost to you. So don't put off your child's checkups and vaccines.

### Further Information

- **Healthy child.**
- **Happy family.**
Congratulations on your baby!

Keep your baby healthy and growing by following these important steps. Complete these steps right away.

For an easy healthy start, your baby needs:

- Healthy food
- Filling fluids
- Safe sleep
- Immunizations
- Good hygiene
- Safety

Get your child a healthy start.

Keep track of your child's well-baby visits. Your child's doctor is the best resource for your child's care and development.

During a visit, the doctor will measure your child, weigh your child, and check your child's growth. The doctor will also check the child's ears, head, scalp, vision, hearing, and reflexes. Your child may have tests, such as blood tests or hearing tests. Your child's doctor will also check your child for any diseases. Your child may have vaccines at the visit.

To prepare for a checkup, bring a list of any symptoms your child is having. Include any other conditions your child has. Your child's doctor will need to know about any changes in your child's health.

Your child may have vaccines at the visit. Your child's doctor will give your child the vaccines that your child needs. Your child may have more than one vaccine at the visit. Your child's doctor will use the chart below to see if your child needs vaccines.

Your child's doctor will give your child vaccines for several diseases. The vaccines will help your child's body fight off the disease. If your child has any diseases, your child's doctor will give your child vaccines to prevent them.

Learn about the complications of diseases causing breathing problems; pneumonia and death. Learn about the complications of diseases. Learn about the complications of diseases causing pneumonia and death.

References for Immunizations: Centers for Disease Control and the US Preventive Services Task Force.

The content in this guide is based on state-specific requirements and suggestions from the American Academy of Family Physicians, American Academy of Pediatrics, Advisory Committee on Immunization Practices (ACIP), and the American Academy of Pediatrics Committee on Injury and Poison Prevention (ACIP) Committee on Injury and Poison Prevention (ACIP).

For more information, visit www.babycenter.com.
Congratulations on your baby!

Your to-do list just got a whole lot easier. This guide is for general educational purposes only and not a substitute for medical care or advice. Every child develops at their own pace so, talk with your pediatrician about what your baby might need.

Rotavirus
This virus causes severe dehydration and diarrhea that can be fatal, if left untreated.

Hepatitis A
Liver failure, joint pain and disorders of the kidneys, pancreas and blood.

Polio
Paralysis and death.

Your baby's immunizations

Your baby's health.

During a visit, the doctor will measure your baby's height, weight and age. He or she will talk to you about your baby's growth and development. Any vaccines that are due for your baby at the next well-baby visit will be listed on your child's immunization schedule. Your baby's doctor is the best resource for your child's well-baby visits to a children's doctor, like a pediatrician.

Healthy start

Before vaccines, many children died from polio, whooping cough and measles. While these diseases still exist, they're much less common because of vaccines. This chart shows vaccines that are given to children in the United States.

<table>
<thead>
<tr>
<th>Vaccine Diseases or Conditions</th>
<th>1-2 months</th>
<th>6</th>
<th>12-15 months</th>
<th>15-18 months</th>
<th>24 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pertussis or whooping cough</td>
<td>✔ ✔ ✔ ✔</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Mumps</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Measles</td>
<td>✔</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rubella</td>
<td>✔</td>
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<td></td>
<td></td>
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<tr>
<td>Meningococcal conjugate (MenC)</td>
<td>✔ ✔ ✔ ✔</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Pneumococcal conjugate (PCV)</td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Varicella (chickenpox)</td>
<td>✔ ✔ ✔ ✔</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Influenza (flu)</td>
<td>✔</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diphtheria, tetanus, pertussis (DTaP)</td>
<td>✔ ✔ ✔ ✔</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hepatitis B</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Pneumococcus</td>
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<tr>
<td>Whooping cough</td>
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<tr>
<td>Polio</td>
<td>✔</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>✔</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

Varicella (chickenpox)

Measles

Mumps

Diphtheria, tetanus, pertussis (DTaP)

Hepatitis B

Pneumococcal conjugate (PCV)

Influenza (flu)

Varicella (chickenpox)

Meningococcal conjugate (MenC)

Pneumococcus

Whooping cough

Polio

Diptheria

Tetanus

Rubella

Mumps

Measles

Rubella causes stillbirth, premature delivery and birth defects.

Mumps causes encephalitis, meningitis, deafness and inflammation of testicles and ovaries.

Measles causes encephalitis or brain swelling; pneumonia and death.

Meningococcal conjugate (MenC) causes meningitis and septicemia.

Pneumococcus This bacteria can cause a blood infection called bacteremia as well as meningitis.

Influenza (flu) is highly contagious and can result in pneumonia and dehydration and death, if left untreated.

Your baby may need vaccinations?

See the chart below to learn about the complications of diseases or conditions that are preventable with vaccines.
Preventive care is covered at 100% for people enrolled in the Empire Plan. Some people may be at higher risk for health issues due to their family history, their race or ethnicity, or other reasons. Talk to your doctor.

Milestones: Recommended vaccines

- 2 months: Hep B
- 6 months: IPV
- 15 months: DTaP
- 18 months: Hep A
- 20 months: MMR
- 24 months: Varicella

Questions for your pediatrician:

- When should I schedule my child's next check-up?
- What are the signs of illness I should watch for in my child?
- How can I prevent common childhood illnesses?

Did you know?

- People who carry HiB bacteria can spread the disease without becoming ill themselves.
- Healthy babies can cry up to three hours a day.

Television and electronic devices should be avoided before age two (24 months). A rear facing car seat is the safest way to travel until your child is at least one year old and 20 pounds. Car seat laws may be different in each state. Contact your local police or the Department of Motor Vehicles (DMV) to find out what's required in your state.
Congratulations on your baby!

Your to-do list just got a whole lot longer! But don’t worry, it’s easier. This guide is here to help you keep track of your baby’s health.

Every child develops at their own pace. Your baby’s growth and development will be monitored during well-baby visits to a children’s doctor, like a pediatrician. To find a doctor in your network, go to empireblue.com and select Find a Doctor.

During a visit, the doctor will measure your baby’s height and weight. Questions or concerns you’d like to discuss can be entered on your baby’s chart for your pediatrician to review. All well-baby visits include immunizations, checkups and screenings will also be done.

Vaccines are a critical component of your baby’s healthy start. Every vaccine is given on schedule to protect your baby against vaccine-preventable diseases. These vaccines are monitored by the Centers for Disease Control (CDC). Your doctor can tell you what your baby needs, and some doctors may recommend vaccines not currently on the schedule.


The American Academy of Pediatrics has revised the previous list of vaccines, vaccinations and immunizations.

Here are the vaccines recommended by the American Academy of Pediatrics (APA) and the Center for Disease Control (CDC).

<table>
<thead>
<tr>
<th>Vaccine Birth</th>
<th>1 month</th>
<th>2 months</th>
<th>4 months</th>
<th>6 months</th>
<th>9-18 months</th>
<th>24-35 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hepatitis B (Hep B)</td>
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<td>✔ ✔ ✔ ✔</td>
<td>✔ ✔ ✔ ✔</td>
<td>✔ ✔ ✔ ✔</td>
<td>✔ ✔ ✔ ✔</td>
<td>✔ ✔ ✔ ✔</td>
</tr>
<tr>
<td>Varicella (chickenpox)</td>
<td>✔</td>
<td>✔ ✔ ✔ ✔</td>
<td>✔ ✔ ✔ ✔</td>
<td>✔ ✔ ✔ ✔</td>
<td>✔ ✔ ✔ ✔</td>
<td>✔ ✔ ✔ ✔</td>
</tr>
<tr>
<td>Diphtheria, tetanus, pertussis (DTaP)</td>
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<td>✔ ✔ ✔ ✔</td>
<td>✔ ✔ ✔ ✔</td>
<td>✔ ✔ ✔ ✔</td>
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<td>✔ ✔ ✔ ✔</td>
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<tr>
<td>Pneumococcal conjugate (PCV)</td>
<td>✔</td>
<td>✔ ✔ ✔ ✔</td>
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<td>✔ ✔ ✔ ✔</td>
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<td>✔ ✔ ✔ ✔</td>
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<tr>
<td>Influenza (flu)</td>
<td>✔</td>
<td>✔ ✔ ✔ ✔</td>
<td>✔ ✔ ✔ ✔</td>
<td>✔ ✔ ✔ ✔</td>
<td>✔ ✔ ✔ ✔</td>
<td>✔ ✔ ✔ ✔</td>
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<tr>
<td>Mumps (Mumps)</td>
<td>✔</td>
<td>✔ ✔ ✔ ✔</td>
<td>✔ ✔ ✔ ✔</td>
<td>✔ ✔ ✔ ✔</td>
<td>✔ ✔ ✔ ✔</td>
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<tr>
<td>Rubella (Rubella)</td>
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</tbody>
</table>

Most vaccines are given in a series or more than one dose. See the chart below to learn about the complications of diseases your baby may get if your baby gets the complete series of the vaccination on time. Most vaccines are given in a series or more than one dose.

Help is just a phone call away. 24/7 NurseLine is available right now to help answer any questions or concerns you might have. Simply call the toll-free 24/7 number provided by your insurance company or that is listed on the back of your member ID card.
Did you know?

Checkup date:  _____ /  _____ / _____

**Questions for your pediatrician:** ____________________________________________________________________________________________________

**Milestones:**

**Recommended vaccine**

<table>
<thead>
<tr>
<th>Age</th>
<th>2 months</th>
<th>6 months</th>
<th>9 months</th>
<th>12 months</th>
<th>15 months</th>
<th>18 months</th>
<th>24 months</th>
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</tr>
</tbody>
</table>

- **2 months**
  - Doubles birth weight
  - Soft spot on back of head closes
  - Smiles and turns head to locate sound
  - Keeps head steady when sitting on your lap
  - Raises upper body with arms while lying on tummy

- **6 months**
  - Takes steps while holding a hand
  - Gets first tooth
  - Grasps objects between the tip of the thumb and index finger
  - Kicks a ball without losing balance

- **9 months**
  - Puts toys in mouth
  - Organizes phrases of two to three words
  - Understands two-step commands
  - Scribbles

- **12 months**
  - Runs stiffly and with frequent falls
  - Organizes phrases of two to three words
  - Understands two-step commands
  - Scribbles

- **15 months**
  - Understands two-step commands
  - Organizes phrases of two to three words

- **18 months**
  - Say a couple of words
  - Understands two-step commands
  - Organizes phrases of two to three words

- **24 months**
  - Says a couple of words
  - Understands two-step commands

**Preventive care is covered at 100%**

That means no cost to you. So talk to your doctor if you have concerns about your health.

Preventive care is at no cost to you. Some people may be at higher risk for health issues due to their family history, their race or ethnicity, or other reasons. Talk to your doctor.

People who carry HiB bacteria can spread the disease without becoming ill themselves.

Television and electronic devices should be avoided before age two (24 months).

Separation anxiety is normal at this age. Babies will cling to parents even if they are with a familiar person.

Once your baby begins getting teeth, visit the dentist every six months.

Toddlers grow at a slower rate than younger babies and have less of an appetite compared to previous months.

Birth to 5 days

- Umbilical cord begins to heal during this time
- Sucks, roots and turns head toward a nipple in search of food
- Closes hands and grasps your finger

Hep B: The first dose of this series is usually given while you are in the hospital.

RV D Tap

IPV

HiB PCV

DTaP

Hep A

MMR Varicella

Influenza (given yearly)

**People who carry HiB bacteria can spread the disease without becoming ill themselves.**

Television and electronic devices should be avoided before age two (24 months).

**A rear facing car seat is the safest way to travel until your child is at least one year old and 20 pounds. Car seat laws may be different in each state. Contact your local police or the Department of Motor Vehicles (DMV) to find out what's required in your state.**

**Once your baby begins getting teeth, visit the dentist every six months.**

**Toddlers grow at a slower rate than younger babies and have less of an appetite compared to previous months.**

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**This guide is for people enrolled in the Empire Plan. Some people may be at higher risk for health issues due to their family history, their race or ethnicity, or other reasons. Talk to your doctor if you have concerns about your health.**

**Separation anxiety is normal at this age. Babies will cling to parents even if they are with a familiar person.**
Congratulations on your baby!

Why does my baby need vaccines?

To find a doctor in your network, go to empireblue.com and select "Find a Doctor".

Rota**virus This virus causes severe dehydration and diarrhea that can be fatal, if left untreated.

Polio Paralysis and death

Haemophilus influenza type b Meningitis, an infection of the covering of the brain and spinal cord; epiglottitis, a windpipe infection

Varicella (chickenpox) Influenza (flu)

Pneumococcal conjugate (PCV) Diphtheria, tetanus, pertussis (DTaP)

An immune system is the body's natural defense against disease. When a child is sick, he or she may be more likely to develop a disease that can cause serious health problems or even death. Immunizations are the easiest and safest way to keep your child healthy. Vaccines work by causing the body to react to an antigen (weak pathogen) and to form protective immunity against the antigen. They are usually given as shots or drops put under the tongue. After the vaccine is given, the body forms antibodies to fight the antigen, but it does not actually get sick. This is called a primary series. A booster dose may be given later in life to refresh the immunity. A combination of vaccines is given at one time to make it easier to give the shots.

Vaccines are important for the following reasons:

1. They protect children from harmful diseases.
2. They are cost-effective.
3. They protect society from highly contagious diseases.

Before vaccines, many children died from polio, whooping cough and measles. While these diseases still exist, they're much less common because of vaccines. This chart shows vaccines recommended by the American Academy of Pediatrics (APA) and the Center for Disease Control (CDC). Your doctor can tell you what your baby needs, and some doctors may recommend giving the vaccines sooner.

Healthy start

Flu Flu is highly contagious and can result in pneumonia and dehydration and death, if left untreated.

Rubella Rubella causes stillbirth, premature delivery and birth defects

Mumps Mumps causes encephalitis, meningitis, deafness and inflammation of testicles and ovaries

Measles Measles causes encephalitis or brain swelling; pneumonia and death

Influenza (flu) Influenza is highly contagious and can make a child very sick. It is a leading cause of death among children. While vaccines are not 100% effective, they can reduce the risk of getting the disease. Rubella and Mumps are fully preventable with the use of vaccines. Immunizations prevent more deaths than any other medical treatment. Every child develops at their own pace. Your pediatrician or family doctor, are important. Well-baby visits to a children's doctor, like a pediatrician, can track your child's growth and development.

Give your child a healthy start

To prepare for a checkup, bring a list of any questions or concerns you'd like to discuss.

During a visit, the doctor will measure your child's height and weight, check for developmental milestones, listen to your child's heart and lungs, examine your child's skin, ears, throat, and eyes, and give your child childhood immunizations as needed. Blood tests and other screenings will also be done. Help is just a phone call away.

24/7 NurseLine

NurseLine is staffed by registered nurses 24 hours a day, 365 days a year. To talk with a registered nurse, call 1-800-292-4888. During the day, nurses can be reached at (415) 235-9222 or (866) 970-8888. In an emergency, call 911. A nurse will be available to help you with health concerns or questions. It's a good idea to talk with your pediatrician about what your baby might need.

Schedule a visit with your child’s provider for checkups and vaccines. 

Don’t put off your child’s preventive care as it is covered at 100% under your insurance plan.

Preventive care is important regardless of your child’s family history, their race or ethnicity, or other reasons. Talk to your pediatrician or family doctor if you have concerns about your child’s health.

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Questions for your pediatrician: ____________________________________________________________________________________________________

Did you know?

Babies should sleep on their back in their own bed (bassinet or crib) to reduce their risk of sudden infant death syndrome (SIDS). 

Checkup date:  _____ /  _____ / _____

Milestones: Recommended vaccine

Birth to 5 days

- Closes hands and grasps your finger
- Umbilical cord begins to heal during this time
- Sucks, roots and turns head toward a nipple in search of food
- Skin color may change slightly when cheek is touched

Did you know?

Babies can start sleeping in their own bed when they are at least 6 months old. 

Checkup date:  _____ /  _____ / _____

Milestones: Recommended vaccine

6 months

- Keeps head steady when sitting on your lap
- Raises upper body with arms while lying on tummy
- Grasps objects
- Soft spot on back of head closes
- Smiles and turns head to locate sound

Did you know?

Babies can start sleeping in their own bed when they are at least 6 months old. 

Checkup date:  _____ /  _____ / _____

Milestones: Recommended vaccine

12 months

- Grasps objects between the tip of the thumb and index finger
- Takes steps while holding a hand
- Gets first tooth
- Sits and crawls
- Doubles birth weight

Did you know?

Babies can start sleeping in their own bed when they are at least 6 months old. 

Checkup date:  _____ /  _____ / _____

Milestones: Recommended vaccine

18 months

- Scribbles
- Drinks from a cup with very little spilling
- Picks up objects while standing without losing balance
- 1-year-olds should weigh three times their birth weight
- Says a couple of words

Did you know?

Babies can start sleeping in their own bed when they are at least 6 months old. 

Checkup date:  _____ /  _____ / _____

Milestones: Recommended vaccine

24 months

- Understands two-step commands
- Organizes phrases of two to three words
- Runs stiffly and with frequent falls
- Uses a spoon and cup, with help, to feed self
- Can stand alone and may walk
- 1-year-olds should weigh three times their birth weight
- Can understand some basic words

Did you know?

Babies can start sleeping in their own bed when they are at least 6 months old. 

Checkup date:  _____ /  _____ / _____

Milestones: Recommended vaccine

Checkup date:  _____ /  _____ / _____

Questions for your pediatrician: ____________________________________________________________________________________________________

4 months

- Closes hands and grasps your finger
- Umbilical cord begins to heal during this time
- Sucks, roots and turns head toward a nipple in search of food
- Skin color may change slightly when cheek is touched

Did you know?

Babies can start sleeping in their own bed when they are at least 6 months old. 

Checkup date:  _____ /  _____ / _____

Milestones: Recommended vaccine

8 months

- Closes hands and grasps your finger
- Umbilical cord begins to heal during this time
- Sucks, roots and turns head toward a nipple in search of food
- Skin color may change slightly when cheek is touched

Did you know?

Babies can start sleeping in their own bed when they are at least 6 months old. 

Checkup date:  _____ /  _____ / _____

Milestones: Recommended vaccine

10 months

- Closes hands and grasps your finger
- Umbilical cord begins to heal during this time
- Sucks, roots and turns head toward a nipple in search of food
- Skin color may change slightly when cheek is touched

Did you know?

Babies can start sleeping in their own bed when they are at least 6 months old. 

Checkup date:  _____ /  _____ / _____

Milestones: Recommended vaccine

14 months

- Closes hands and grasps your finger
- Umbilical cord begins to heal during this time
- Sucks, roots and turns head toward a nipple in search of food
- Skin color may change slightly when cheek is touched

Did you know?

Babies can start sleeping in their own bed when they are at least 6 months old. 

Checkup date:  _____ /  _____ / _____

Milestones: Recommended vaccine

16 months

- Closes hands and grasps your finger
- Umbilical cord begins to heal during this time
- Sucks, roots and turns head toward a nipple in search of food
- Skin color may change slightly when cheek is touched

Did you know?

Babies can start sleeping in their own bed when they are at least 6 months old. 

Checkup date:  _____ /  _____ / _____

Milestones: Recommended vaccine
This guide is for general educational purposes only and not a substitute for medical care or advice. Every child develops at their own pace so, talk with your pediatrician about what your baby might need.

Hepatitis A Liver failure, joint pain and disorders of the kidneys, pancreas and blood

Rotavirus This virus causes severe dehydration and diarrhea that can be fatal, if left untreated.

Your to-do list just got a whole lot longer! But easier. This guide is our way of helping keep track of your baby’s health.

To find a doctor in your network, go to Find a Doctor. Your child’s doctor is the best resource for your child’s care and development. The content in this guide is based on state-specific requirements and suggestions from the American Academy of Family Physicians, American Academy of Pediatrics, Advisory Committee on Immunization and the Center for Disease Control (CDC). Your doctor can tell you what your baby needs, and some doctors may recommended by the American Academy of Pediatrics (AAP) and the Center for Disease Control (CDC).

Give your child a vaccination or screening. Vaccines help prevent many serious diseases, or at least control that disease so it is not as dangerous to your child. The table below indicates who should receive which vaccination.

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Age</th>
<th>Description of Disease or Disorder Prevented</th>
<th>Why this disease is so dangerous</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measles</td>
<td>12-15 months</td>
<td>Respiratory infection, pneumonia, encephalitis, brain swelling, death</td>
<td>Causing brain swelling and pneumonia and death</td>
</tr>
<tr>
<td>Pertussis</td>
<td>2 months</td>
<td>Lung infection called pneumonia; death</td>
<td>Causing breathing problems; pneumonia and death</td>
</tr>
<tr>
<td>Chickenpox</td>
<td>12 months</td>
<td>Infected blisters, bleeding disorders, encephalitis, pneumonia</td>
<td>Causing meningitis and brain swelling</td>
</tr>
<tr>
<td>Mumps</td>
<td>2 years</td>
<td>Mumps causes encephalitis, meningitis, deafness and inflammation of testicles and ovaries</td>
<td>Causing encephalitis, meningitis, deafness and inflammation of testicles and ovaries</td>
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<td>Measles</td>
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<tr>
<td>Varicella</td>
<td>12 months</td>
<td>Chickenpox, encephalitis</td>
<td>Causing chickenpox and brain swelling</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>1 month</td>
<td>Liver infections can cause severe liver damage and some can even cause liver cancer</td>
<td>Causing liver cancer</td>
</tr>
<tr>
<td>Diphtheria</td>
<td>2 months</td>
<td>Swelling of the heart; heart failure; coma; paralysis; death</td>
<td>Causing broken bones and breathing difficulty; death</td>
</tr>
<tr>
<td>Tetanus</td>
<td>2 months</td>
<td>Swelling of the heart; heart failure; coma; paralysis; death</td>
<td>Causing broken bones and breathing difficulty; death</td>
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<tr>
<td>Rubella</td>
<td>2 months</td>
<td>Rubella causes stillbirth, premature delivery and birth defects</td>
<td>Causing stillbirth and birth defects</td>
</tr>
<tr>
<td>Pneumococcal conjugate (PCV)</td>
<td>2 months</td>
<td>Pneumococcal pneumonia, meningitis, meningitis</td>
<td>Causing meningitis and meningitis</td>
</tr>
</tbody>
</table>

The 24/7 NurseLine is available right now to talk with you about your health concerns 24 hours a day, 365 days a year. Help is just a phone call away. Registered nurses are available toll-free 24/7 and available right now to talk with you about your health concerns. Help is just a phone call away.