



Preventive Care Guide



Kern Family Health Care wants you to get good health care. These preventive care guidelines help you stay healthy by preventing diseases or by finding them early on. Preventive care services are exams, screenings and immunizations that should be done on a regular basis.

These guidelines give preventive services by age groups. Use this guide to help you know what services should be done and when. Each age group lists the services recommended for that age such as: the Staying Healthy Assessment, Physical Exams, Dental Exams, Clinical Screenings and Immunizations¹. Not all services are needed by everyone. Your doctor will help you know what services are right for you or your child. Your doctor can also help explain the services listed in these guidelines.

If you need more information, you can call your doctor. You can also call our 24-hour Advice Nurse Line toll free at: **1-800-391-2000**.

Kern Family Health Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-391-2000.

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-800-391-2000。

Si necesita esta información en español, por favor llámenos.

¹ The immunization and clinical screening schedules listed may have changed since this was printed. Please ask your doctor which immunizations and clinical screenings are right for you or your child.

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Birth to 2 years...

KFHC recommends...

How often should this be done?

Staying Healthy Assessment

Complete one form for your child between ages 0-6 months, 7-12 months and 1-2 years.

Physical Exams

Your baby should have a physical exam:

- Once as a newborn.
- Once at 3-5 days of age.
- Ten visits between 1 to 30 months of age.

Height, length, weight, and head circumference.....

This should be done at every doctor's visit.

Dental Exam

First dental exam due by age 1. One visit every year after. Ask your doctor if your baby needs topical fluoride varnish treatments.

Clinical Screenings

Hemoglobin & Hematocrit.....

This should be done once at 9 to 12 months and 2 years of age to screen for anemia.

Lead Test.....

This should be done

- Once at 12 months of age.
- Once at 24 months of age.

TB Skin Test (PPD).....

All babies are assessed for risk exposure. Babies at high-risk are tested. Ask your doctor if your baby should be tested.

Autism.....

This should be done once at 18 months and once at 24 months.

Immunizations

Hepatitis B.....

Three doses should be given to your baby. Infants may get their 1st dose soon after birth in the hospital. The 2nd dose at 1-2 months and 3rd dose at 6 to 18 months.

DTaP.....

Four doses should be given to your baby. The 1st dose at 2 months, 2nd dose at 4 months, 3rd dose at 6 months and 4th dose between 15 to 18 months.

Hib.....

Four doses should be given to your baby. The 1st dose at 2 months, 2nd dose at 4 months, 3rd dose at 6 months and 4th dose between 12 to 15 months.

Polio.....

Three doses should be given to your baby. The 1st dose at 2 months, 2nd dose at 4 months and 3rd dose between 6 to 18 months.

MMR.....

Your baby should get the 1st dose between 12 to 15 months.

Varicella (chickenpox).....

Your baby should be immunized once between 12 to 15 months.

Pneumococcal (PCV).....

Four doses should be given to your baby. The 1st dose at 2 months, 2nd dose at 4 months, 3rd dose at 6 months and 4th dose between 12 to 15 months.

Hepatitis A.....

Two doses should be given to your baby. The 1st dose at 1 year of age (12 to 23 months). The 2nd dose should be given 6 months apart.

Flu.....

One or two doses may be given to babies 6 to 23 months of age. If the 2nd dose is needed, it should be given 4 weeks apart.

Rotavirus.....

Two or three doses should be given to your baby. The 1st dose at 2 months and a 2nd dose at 4 months. Some babies may need a 3rd dose at 6 months.

3 to 6 years...

KFHC recommends...

How often should this be done?

Staying Healthy Assessment

Complete one form for your child between ages 3-4 years and 5-8 years.

Physical Exam

Height, weight, BMI percentile.....

Your child should have one physical exam every year.

This should be done at every doctor's visit.

Dental Exam

One dental exam every year. Ask your doctor if your child needs topical fluoride varnish treatments.

Clinical Screenings

Blood Pressure.....

At every doctor's visit.

Urine Test.....

Ask your doctor if your child needs this test.

Vision Test.....

At every physical exam.

Hearing Test.....

At every physical exam.

Lead Test.....

Once between ages 3 to 6 if no test was done during first 24 months of age.

TB Skin Test (PPD).....

Once between the ages of 4 to 5.

Hemoglobin & Hematocrit.....

At every physical exam if child is high-risk due to obesity, diabetes or positive family history.

Immunizations

Hepatitis B.....

Your child may begin a 3 dose series if it was missed.

DTaP.....

Your child should have their 5th dose between the ages of 4 to 6.

Polio.....

Your child should have their 4th dose between the ages of 4 to 6.

MMR.....

Your child should have their 2nd dose between the ages of 4 to 6.

Varicella (chickenpox).....

Your child should have their 2nd dose between the ages of 4 to 6.

Pneumococcal (PCV).....

May be given to children between 24-59 months of age if needed. Ask your doctor if your child needs this vaccine.

Hepatitis A.....

Your child may begin a 2 dose series if not already given. The doses must be 6 months apart.

Flu.....

One or two doses may be given. If a 2nd dose is needed, it should be given 4 weeks apart. Ask your doctor if your child needs this vaccine.

KFHC recommends...

How often should this be done?

Staying Healthy Assessment

Complete one form for your child between ages 5-8 years and 9-11 years.

Physical Exam

Your child should have one physical exam every year.

Height, weight, BMI percentile.....

This should be done at every doctor's visit.

Dental Exam

Your child should have one visit every year.

Clinical Screenings

Blood Pressure.....

At every doctor's visit.

Cholesterol Screening.....

Tested once between 9 to 11 years old.

Urine Test.....

Ask your doctor if your child needs this test.

Vision Test.....

At every physical exam.

Hearing Test/Risk Assessment.....

At every physical exam.

Hemoglobin and Hematocrit.....

Only for those individuals identified as high-risk. Check with your doctor if needed.

TB Skin Test (PPD).....

Children at high risk should be routinely tested. Ask your doctor if your child should be tested.

Immunizations

Hepatitis B.....

Your child may begin a 3 dose series if it was missed.

Tdap.....

Your child should get one dose of this vaccine at age 11. Children ages 7-10 years may need one dose of this vaccine. Ask your doctor if your child needs this vaccine.

MMR.....

Your child may begin a 2 dose series if it was missed.

Varicella (chickenpox).....

Your child may begin a 2 dose series if it was missed and if they have not had chickenpox. Ask your doctor if your child needs this vaccine.

Hepatitis A.....

Your child may begin a 2 dose series if not already given. The doses must be six months apart.

Flu.....

One dose may be given. Children ages 8 years and younger may be given a 2nd dose (separated by 4 weeks). Ask your doctor if your child needs this vaccine.

HPV.....

Your child may begin a 3 dose series at the age of 11. The 2nd dose should be given 2 months after the 1st dose. The 3rd dose should be given 6 months after the 1st dose. Ask your doctor if your child needs this vaccine.

Meningococcal.....

Your child will be given 1 dose of this vaccine at age 11.



12 to 20 years...

KFHC recommends...

How often should this be done?

Staying Healthy Assessment

Complete one form between ages 12-17 years.

Complete one form every 3-5 years starting at age 18.

Physical Exam

Once a year.

Height, weight, BMI Percentile.....

This should be done at every doctor's visit.

Dental Exam

Once a year.

Clinical Screenings

Blood Pressure.....

Every doctor's visit.

Cholesterol Screening.....

Every visit if you are at high-risk due to obesity, diabetes or positive family history.

Urine Test.....

Check with your doctor if needed.

Vision Test.....

Every 1 to 3 years.

Hearing Test/Risk Assessment.....

Every 1 to 3 years.

Hemoglobin and Hematocrit.....

Only for those individuals identified as high-risk. Check with your doctor if needed.

TB Skin Test (PPD).....

Only for those individuals identified as high-risk. Check with your doctor if needed.

Sexually Transmitted Infection
Screening.....

All individuals who are sexually active should be tested for sexually transmitted infections. Ask your doctor about what tests you should be getting each year.

Women

Pelvic Exam & Pap Smear.....

Check with your doctor if needed.

Immunizations

Hepatitis B.....

You may be given a 3 dose series if it was not given to you before.

Tdap/Td.....

You will be given 1 Tdap booster shot if it was not given between 11-12 years. Routine Td booster shots are recommended every 10 years.

MMR.....

You may be given a 2 dose series if it was not given to you before.

Varicella (chickenpox).....

May be given if missed, and if you have not had chickenpox. Two doses should be given four weeks apart if you are at risk. Ask your doctor if needed.

Hepatitis A.....

You may be given a 2 dose series if it was not given to you before. The doses must be 6 months apart.

Flu.....

This vaccine may be given yearly if you are at risk. Ask your doctor if needed.

HPV.....

You may be given a 3 dose series at the age of 12 if it was not given to you before. The 2nd dose should be given 2 months after the 1st dose. The 3rd dose should be given 6 months after the 1st dose. Ask your doctor if needed.

Meningococcal.....

You will be given 1 dose of this vaccine if it was not given at age 11.

21 to 39 years...

KFHC recommends...	How often should this be done?
<i>Staying Healthy Assessment</i>	<i>Complete one form every 3-5 years.</i>
<i>Physical Exam</i>	<i>Every 1 to 3 years.</i>
Height, weight, BMI.....	This should be done at every doctor's visit.
<i>Dental Exam</i>	<i>Once a year.</i>
Clinical Screenings	
Blood Pressure.....	Every doctor's visit.
Cholesterol Screening.....	Every year for those individuals identified as being high-risk. Men: once at 35 years of age.
Urine Test.....	Every 1 to 3 years.
Hemoglobin and Hematocrit.....	Only for those individuals identified as high-risk. Check with your doctor if needed.
Hearing Test.....	Every 1 to 3 years.
Vision Test.....	Every 1 to 3 years. If you have diabetes, a diabetic eye exam should also be done every year.
TB Skin Test (PPD).....	Only for those individuals identified as high-risk. Check with your doctor if needed.
Sexually Transmitted Infection Screening.....	All individuals who are sexually active should be tested for sexually transmitted infections. Ask your doctor about what tests you should be getting each year.
Women	
Pelvic Exam & Pap Smear.....	Every 3 years unless identified as high-risk. Please ask your doctor about HPV testing if you are 30 years or older.
Immunizations	
Tdap/Td.....	<i>Adult immunizations to be given if routine immunizations are not up to date.</i> You may need 1 Tdap booster shot. Routine Td booster shots are recommended every 10 years.
Flu.....	This vaccine may be given yearly if you are at risk. Ask your doctor if needed.
Pneumococcal.....	You may be given 1 dose if you are at high-risk. Ask your doctor if needed.
Hepatitis B.....	You may be given 3 doses if you are at high-risk. It is also recommended for travelers. Ask your doctor if needed.
MMR.....	May be given if missed during childhood. One dose may be given if you have not had measles, mumps or rubella. Two doses should be given if you are at risk due to your job. Ask your doctor if needed.
Varicella (chickenpox).....	May be given if missed, and if you have not had chickenpox. Two doses should be given four weeks apart if you are at risk. Ask your doctor if needed.
Meningococcal.....	You may be given 1 dose if you are at high risk. Ask your doctor if needed.
HPV	You may begin a 3 dose series if it was not given to you before. The 2nd dose should be given 2 months after the 1st dose. The 3rd dose should be given 6 months after the 1st dose. Ask your doctor if needed.

40 to 64 years...

KFHC recommends...

How often should this be done?

Staying Healthy Assessment

Complete one form every 3-5 years.

Physical Exam

One visit every 1 to 2 years.

Height, weight, BMI.....

This should be done at every doctor's visit.

Dental Exam

Once a year.

Clinical Screenings

Complete Skin Exam.....

At every physical exam.

Colorectal Cancer Screening.....

Fecal occult blood test should be completed every year starting at age 50. Discuss with doctor if under age 50 and have a family history of colon cancer. A colonoscopy only needs to be done once every 10 years.

Blood Pressure.....

Every doctor's visit.

Cholesterol Screening.....

Every year for those individuals identified as being high-risk. Women: Screening begins at age 45 if at increased risk for heart disease.

Urine Test.....

Every 2 years.

Hemoglobin and Hematocrit.....

Every 2 years.

Glucose Screening.....

Every 3 years beginning age 45.

Hearing Test.....

Every 1 to 3 years.

Vision Test.....

Every 1 to 3 years. If you have diabetes, a diabetic eye exam should also be done every year.

TB Skin Test (PPD).....

Only for those individuals identified as high-risk. Check with your doctor if needed.

Sexually Transmitted Infection Screening.....

All individuals who are sexually active should be tested for sexually transmitted infections. Ask your doctor about what tests you should be getting each year.

Women

Pelvic Exam & Pap Smear.....

Every 3 years unless identified as high-risk. Ask your doctor about HPV testing.

Clinical Breast Exam.....

Every year.

Mammogram.....

Every year starting at age 40. Discuss with doctor if under 40 years of age or over 75 years of age.

Osteoporosis Assessment.....

Once every 2 years if high risk. Talk to your doctor about your risk.

Men

Prostate-Specific Antigen (PSA).....

After age 50 as recommended by doctor.

Immunizations

Tdap/Td.....

Adult immunizations to be given if routine immunizations are not up to date. You may need 1 Tdap booster shot. Routine Td booster shots are recommended every 10 years.

Flu.....

Everyone age 50 and older should have 1 dose yearly.

Pneumococcal.....

You may be given 1 dose if you are at high-risk. Ask your doctor if needed.

Hepatitis B.....

You may be given 3 doses if you are at high-risk. It is also recommended for travelers. Ask your doctor if needed.

Varicella (chickenpox).....

May be given if missed, and if you have not had chickenpox. Two doses should be given four weeks apart if you are at risk. Ask your doctor if needed.

Meningococcal.....

You may be given 1 dose if you are at high-risk. Ask your doctor if needed.

Zoster.....

You may be given 1 dose if you are at high-risk. Ask your doctor if needed.

over 64 years...

KFHC recommends...

How often should this be done?

Staying Healthy Assessment

Complete one form every 3-5 years.

Physical Exam

One visit every 1 to 2 years.

Height, weight, BMI.....

This should be done at every doctor's visit.

Dental Exam

Once a year.

Clinical Screenings

Complete Skin Exam.....

At every physical exam.

Colorectal Cancer Screening.....

Every year starting at age 50. Discuss with doctor if under age 50 and have a family history of colon cancer. A colonoscopy only needs to be done once every 10 years. Every doctor's visit.

Blood Pressure.....

Every doctor's visit.

Cholesterol Screening.....

Every 1 to 5 years.

Urine Test.....

Every 1 to 3 years.

Hemoglobin & Hematocrit.....

Every 2 years.

Glucose Screening.....

Every 3 years beginning age 45.

Hearing Test.....

Every 1 to 3 years.

Osteoporosis Assessment.....

Once every 2 years as part of a physical exam. Men over 70 should be screened if high risk.

Vision/Glaucoma Screening.....

Every 2 to 3 years. If you have diabetes, a diabetic eye exam should also be done every year.

TB Skin Test (PPD).....

Only for those individuals identified as high-risk. Check with your doctor if needed.

Women

Pelvic Exam & Pap Smear.....

Every 3 years unless identified as high-risk. Check with your doctor when needed.

Clinical Breast Exam.....

Every year.

Mammogram.....

Every year until age 75. Discuss with doctor if older than age 75.

Men

Prostate-Specific Antigen (PSA).....

As recommended by doctor.

Osteoporosis Assessment.....

Once every 2 years as part of a physical exam. Men over 70 should be screened if high risk.

Immunizations

Adult immunizations to be given if routine immunizations are not up to date.

Tdap/Td.....

You may need 1 Tdap booster shot. Routine Td booster shots are recommended every 10 years.

Flu.....

You should have 1 dose every year.

Pneumococcal.....

You should have 1 dose after age 65.

Hepatitis B.....

You may be given 3 doses if you are at high-risk. It is also recommended for travelers. Ask your doctor if needed.

Varicella (chickenpox).....

May be given if missed, and if you have not had chickenpox. Two doses should be given four weeks apart if you are at risk. Ask your doctor if needed.

Meningococcal.....

You may be given 1 dose if you are at high-risk. Ask your doctor if needed.

Zoster.....

You may be given 1 dose if you are at high-risk. Ask your doctor if needed.

Td = tetanus, diphtheria

Tdap = tetanus, diphtheria, pertussis (whooping cough)