

Growing Up with Highmark Wholecare

A program for Highmark Wholecare members, birth to age 20, that helps to make sure your child grows up healthy.



Case Managers are available to answer your questions about checkups, screenings and vaccination recommendations. They can also help you make an appointment with your child's primary care provider (PCP) or other doctors.

To speak with a Case Manager about this program, call 1-800-392-1147 from 8:30 a.m. to 4:30 p.m., Monday through Friday, and select the option for the Special Needs Unit. TTY users should call 711 or 1-800-654-5984.

Checkups, Screenings and Tests

Checkup, Screening or Test	Infant 0 – 12 Months	Early Childhood 1 – 6 Years	Middle Childhood 7 – 11 Years	Adolescent 12 – 20 Years
Physical Exam / Safety / Healthy Habits Counseling	Every visit			
Immunizations	Review with your child's PCP at every visit			
Anemia Screening	Test at 9 months			
Lead Screening	Test at 9 months	Test at age 2		
Developmental / Autism Screening	First screening between 9 and 11 months and then at 18, 24 and 30-month visits			
Dental Exam and Cleaning	First exam before your child's first birthday and then every six months after age 1			
Body Mass Index / Nutrition / Physical Activity Counseling		Every visit starting at age 2		
Vision Exam		First exam at age 3 and then every year through age 18		
Hearing Exam		First exam at age 4 and then every year through age 20		
Cholesterol Screening			Test at age 9	Test at age 17
Sexually Transmitted Diseases Test			Every year starting at age 11 if sexually active	
Tobacco, Alcohol or Drug Use Assessment			Every year starting at age 11	
Depression Screening			Every year starting at age 12	
HIV Testing				Test between the ages of 15 and 18

Vaccinations

Vaccination	Infant 0 – 12 Months	Early Childhood 1 – 6 Years	Middle Childhood 7 – 11 Years	Adolescent 12 – 20 Years
DTap/Tdap* (Diphtheria, Tetanus, Whooping Cough)	Four doses between 2 and 18 months, one dose between ages 4 and 6, and one dose between ages 11 and 12			
Influenza (Flu)	One dose each fall starting at 6 months			
Hepatitis B*	Three doses between birth and 18 months			
Hib Disease	Four doses between 2 and 15 months			
IPV* (Polio)	Three doses between 2 and 18 months and one dose between ages 4 and 6			
PCV13 (Pneumococcal Disease)	Four doses between 2 and 15 months			
RV (Rotavirus)	Maximum of three doses between 2 and 6 months			
MMR* (Measles, Mumps, Rubella)	One dose between 12 and 15 months and one dose between ages 4 and 6			
Varicella* (Chicken Pox)	One dose between 12 and 15 months and one dose between ages 4 and 6			
Hepatitis A	Two doses given 6 months apart between 12 and 23 months			
HPV (Human Papillomavirus)			Two doses between ages 11 and 12	
MCV* (Meningitis)			One dose between ages 11 and 12 years and one dose between ages 16 and 18	

* *Pennsylvania Department of Health requires this vaccine for attendance in school.*

Highmark Wholecare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-392-1147(TTY/PA RELAY 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-392-1147 (TTY/PA RELAY 711)**.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-800-392-1147 (телетайп/PA RELAY 711)**.

Health benefits or health benefit administration may be provided by or through Highmark Wholecare, coverage by Gateway Health Plan, an independent licensee of the Blue Cross Blue Shield Association (“Highmark Wholecare”).