

Caring for your child.

Delivering high quality health care to your
child at every stage of development.



Dignity Health.
Mercy Medical Group

A Service of Dignity Health Medical Foundation



Your child's well-being is multi-dimensional. Growing children need to be physically active, mentally engaged, and emotionally supported. But one key that should not be overlooked is seeing a doctor regularly – from birth through adulthood – for wellness visits.

Well-Child visits

Dignity Health Medical Group's board-certified pediatricians work with families and caregivers to support the physical, mental and emotional well-being of our young patients. During wellness check-ups, our doctors provide caregivers with education and information to keep children healthy, including important milestones for growth and development. Our board-certified doctors also provide ongoing medical care for children who are acutely or chronically ill, and work with families to provide resources and support for any ongoing health and wellness needs. Our doctors are also vigilant regarding early detection and management of issues that affect young people, such as behavioral difficulties and developmental disorders.



What to expect

During a wellness visit, you and your child's doctor will review your child's medical, family, and social history. These visits are your opportunity to bring up any questions about your child's well-being for your physician to consider and provide support and guidance. During your child's visit, the doctor will conduct age-specific screenings, including:



Measurement
(height, weight,
blood pressure)



Sensory
(vision, hearing)



Developmental
and behavioral



Physical examination



Immunizations/vaccines

It is a standard medical practice to provide caregivers with information regarding common childhood illnesses that can be prevented with vaccination. While we are here to listen and address any concerns, it's important to note that our practice approach is to vaccinate children except in rare cases. Our doctors and nurses will advise you of the current immunization recommendations for your child's age, and any upcoming milestones. Most insurance plans cover wellness visits and preventative services such as immunizations and screenings at no charge to you.*

*Please be sure to review your specific insurance benefits.





Wellness visit schedule

Children should have well-child visits throughout their lives annually – and more often when they are very young. This schedule is based on screenings and assessments recommended throughout their development. Plan ahead for pediatric wellness visits:

Infants and Toddlers

Infants and toddlers should have well-child visits frequently in their first three years to keep up with the rapid development in that time range. Visits should be scheduled for:


- 3 to 5 days
- 2 weeks
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 2 years
- 3 years
- 4 years


School-Age Children and Teens


Moving into the school-age years, children should have a well-child visit annually. Consider scheduling your annual appointment around your child's birthday, to make it easy to remember, or in the summer months to be up-to-date for any school sport physical and vaccination requirements.

Child and Adolescent Immunization Schedule – Birth to 15 Months

Vaccine	Birth	2 months	4 months	6 months	9 months	12 months	15 months
Hepatitis B (HepB)	1st dose	2nd dose		3rd dose >			
Rotavirus (RV) RV1 (2-dose series); RV5 (3-dose series)		1st dose	2nd dose	Ask doctor			
Diphtheria, tetanus, & acellular pertussis (DTaP: <7 yrs)		1st dose	2nd dose	3rd dose			4th dose
Haemophilus influenzae type b (Hib)		1st dose	2nd dose	Ask doctor		3rd or 4th dose. Ask Dr.	
Pneumococcal conjugate (PCV13)		1st dose	2nd dose	3rd dose		4th dose	
Inactivated poliovirus (IPV: <18 yrs)		1st dose	2nd dose	3rd dose			
Influenza (IIV4)				Annual vaccination 1 or 2 doses			
Measles, mumps, rubella (MMR)				Ask doctor		1st dose	
Varicella (VAR)						1st dose	
Hepatitis A (HepA)				Ask doctor		2-dose series. Ask doctor.	
Tetanus, diphtheria, & acellular pertussis (Tdap: ≥7 yrs)							<i>See next page</i>
Human papillomavirus (HPV)							<i>See next page</i>
Meningococcal (MenACWY-D ≥9 mos, MenACWY-CRM ≥2 mos, MenACWY-TT ≥2years)							<i>See next page</i>
Meningococcal B (MenB-4C, MenB-FHbp)				Ask doctor			
Pneumococcal polysaccharide (PPSV23)							<i>See next page</i>
Dengue (DEN4CYD; 9-16 yrs)							<i>See next page</i>

 Range of recommended ages for all children

 Range of recommended ages for catch-up vaccination

 Range of recommended ages for certain high-risk groups

COVID-19 Vaccination

ACIP recommends use of COVID-19 vaccines for everyone ages 6 months and older. COVID-19 vaccine and other vaccines may be administered on the same day. Check with your pediatrician for the latest schedule.

Child and Adolescent Immunization Schedule – 18 Months to 18 Years

Vaccine	18 months	19-23 mos	2-3 years	4-6 years	7-10 years	11-12 years	13-15 years	16 years	17-18 years
Hepatitis B (HepB)	3rd dose								
Rotavirus (RV) RV1 (2-dose series); RV5 (3-dose series)									
Diphtheria, tetanus, & acellular pertussis (DTaP: <7 yrs)	4th dose			5th dose					
Haemophilus influenzae type b (Hib)									
Pneumococcal conjugate (PCV13)									
Inactivated poliovirus (IPV: <18 yrs)	3rd dose			4th dose					
Influenza (IIV4) OR	Annual vaccination 1 or 2 doses				Annual vaccination 1 dose only				
Influenza (LAIV4)				Annual vaccination 1 or 2 doses	Annual vaccination 1 dose only				
Measles, mumps, rubella (MMR)				2nd dose					
Varicella (VAR)				2nd dose					
Hepatitis A (HepA)	2-dose series. Ask doctor.								
Tetanus, diphtheria, & acellular pertussis (Tdap: ≥7 yrs)						1 dose			
Human papillomavirus (HPV)					Ask doctor.				
Meningococcal (MenACWY-D ≥9 mos, MenACWY-CRM ≥2 mos, MenACWY-TT ≥2years)	Ask doctor					1st dose		2nd dose	
Meningococcal B (MenB-4C, MenB-FHbp)						Ask doctor			
Pneumococcal polysaccharide (PPSV23)				Ask doctor					
Dengue (DEN4CYD; 9-16 yrs)					Seropositive in endemic areas only. Ask doctor.				

Appointment tracker

Child's Name	Date	Time

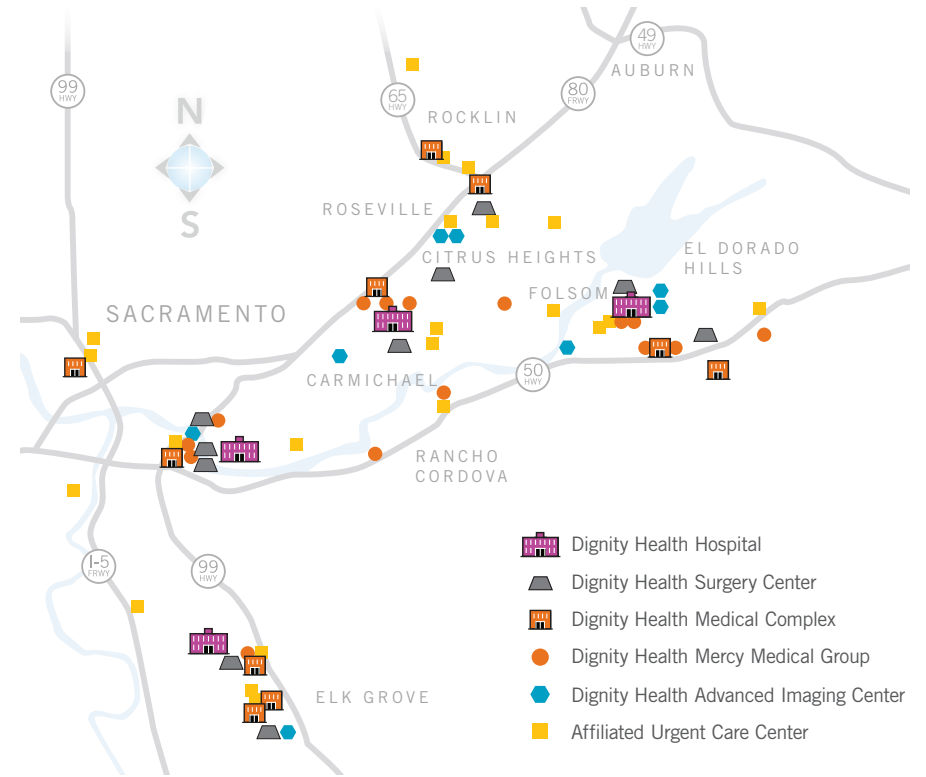
Notes

Stay well, care is close by.

Visit us online at dhmf.org/mercymedicalgroup or scan the QR code to find a pediatrician accepting new patients near you.



Dignity Health Mercy Medical Group Locations





dhmf.org/mercymedicalgroup