



SENTARA HEALTH PLANS CLINICAL PRACTICE GUIDELINE:

PEDIATRIC HEALTH MAINTENANCE

Guideline History

Date Approved	04/93
Date Revised	8/94, 8/96, 6/97, 7/97, 10/98, 10/99, 5/00, 2/01, 6/03, 06/05, 12/07, 01/09, 1/10, 1/11, 11/13, 11/15, 11/17, 11/19, 11/21, 11/23, 3/25
Date Reviewed	5/26
Next Review Date	5/27

These Guidelines are promulgated by Sentara Health as recommendations for the clinical Management of specific conditions. Clinical data in a particular case may necessitate or permit deviation from these Guidelines. The Sentara Health Guidelines are institutionally endorsed recommendations and are not intended as a substitute for clinical judgment.

Preventive Pediatric and Adolescent Health Services: Reference Guide

Purpose

This document serves as a reference guide for preventive health services coverage policies for infants, children, and adolescents. Rather than reproducing clinical tables or screening schedules, which are subject to frequent revision, this guide directs clinical reviewers and policy staff to the current source documents maintained by the issuing organizations. All coverage determinations should be based on the most current version of each referenced source at the time of the clinical decision.

Section 1: Comprehensive Preventive Care Framework

Recommendations for Preventive Pediatric Health Care (Periodicity Schedule)

- Issuing Body: American Academy of Pediatrics (AAP)
- Update Cycle: Annually (living document)
- Scope: Well-child visit timing, screening intervals, developmental assessments

Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents

- Issuing Body: AAP (Hagan JF, Shaw JS, Duncan PM, Eds.)
- Update Cycle: By edition (current: 4th edition, 2017)
- Scope: Comprehensive preventive care guidance, anticipatory guidance, health promotion

Section 2: Screening and Preventive Services — Federal Recommendations

Recommendations for Primary Care Practice

- Issuing Body: U.S. Preventive Services Task Force (USPSTF)
- Update Cycle: Continuous (individual topics updated on a rolling basis)
- Scope: Evidence-based screening and preventive service recommendations across all ages

Early and Periodic Screening, Diagnostic, and Treatment (EPSDT)

- Issuing Body: Centers for Medicare Medicaid Services (CMS)
- Update Cycle: Updated via State Health Official Letters and federal guidance
- Scope: Medicaid-covered preventive services for children under 21

Section 3: Vision Screening and Eye Evaluation

Visual System Assessment in Infants, Children, and Young Adults by Pediatricians (Policy Statement and Technical Report)

- Issuing Body: AAP
- Update Cycle: By publication (supplemented by clinical reports)
- Scope: Pediatric vision screening in primary care settings

Pediatric Eye Evaluations Preferred Practice Pattern

- Issuing Body: American Academy of Ophthalmology (AAO)
- Update Cycle: Approximately every 3–5 years (current: 2023)
- Scope: Comprehensive pediatric eye evaluation standards

Section 4: Reproductive and Adolescent Health

The Initial Reproductive Health Visit (Committee Opinion No. 811)

- Issuing Body: American College of Obstetricians and Gynecologists (ACOG)
- Update Cycle: Reviewed/reaffirmed periodically (current: October 2020)
- Scope: Initial reproductive health visit for adolescents

Section 5: Immunizations

- Recommended Child and Adolescent Immunization Schedule (Birth–18 Years)
- Issuing Body: Advisory Committee on Immunization Practices (ACIP) / CDC
- Update Cycle: Annually (published each February)
- Scope: Recommended immunization schedule and catch-up guidance

Section 6: Behavioral, Social, and Emotional Health

Screening for Depression and Suicide Risk — Recommendation Statement

- Issuing Body: USPSTF
- Update Cycle: By topic review cycle
- Scope: Depression and suicide risk screening in children and adolescents

Screening for Anxiety in Children and Adolescents — Recommendation Statement

- Issuing Body: USPSTF
- Update Cycle: By topic review cycle
- Scope: Anxiety screening in children aged 8 and older

Autism and Developmental Screening

- Issuing Body: AAP (via Bright Futures Periodicity Schedule)
- Update Cycle: Per periodicity schedule updates
- Scope: Developmental surveillance and autism-specific screening

References

1. Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th ed. Hagan JF, Shaw JS, Duncan PM (Eds), American Academy of Pediatrics, Elk Grove Village, IL. 2017. (Remains current edition)
2. American Academy of Pediatrics. 2025 Recommendations for Preventive Pediatric Health Care: Policy Statement. *Pediatrics*. 2025;155(5):e2025071066. Available at www.aap.org/periodicityschedule.
3. Hutchinson AK, Morse CL, Hercinovic A, et al. Pediatric Eye Evaluations Preferred Practice Pattern. *Ophthalmology*. 2023;130(3):P222-P270. See also: Lehman SS, Yin L, Chang MY. Diagnosis and Care of Children With Cerebral/Cortical Visual Impairment: Clinical Report. *Pediatrics*. 2024;154(6):e2024068465.
4. Recommendations for Primary Care Practice. U.S. Preventive Services Task Force. Available at <https://www.uspreventiveservicestaskforce.org/> (Continuously updated; multiple new recommendations issued 2023-2025).
5. Early and Periodic Screening, Diagnostic, and Treatment (EPSDT). [Medicaid.gov](https://www.medicaid.gov). Available at <https://www.medicaid.gov/medicaid/benefits/early-and-periodic-screening-diagnostic-and-treatment>. See also: CMS State Health Official Letter on EPSDT, September 26, 2024; Hudak ML et al. Medicaid and the Children's Health Insurance Program: Technical Report. *Pediatrics*. 2026; 157(3):e2025075749.
6. The Initial Reproductive Health Visit. ACOG Committee Opinion No. 811. *Obstetrics and Gynecology*. 2020;136(4):e70-e80. (Remains current)