

# How often do I need to see my Primary Care Physician or Nurse Practitioner?

## A Guideline for Mountain View Family Practice Patients \*



### Infants and Children:

Newborn visit 2-3 days after discharge from newborn nursery

1 week of age

2 weeks of age

4 weeks of age

2 months of age (immunizations: Pediarix, HIB, PCV13, Rotavirus)

4 months of age (immunizations: Pediarix, HIB, PCV13, Rotavirus)

6 months of age (immunizations: Pediarix, HIB, PCV13, Rotavirus)

9 months of age

12 months of age (immunizations: MMR, Varicella, Hep A, PCV13; Labs: Lead & Anemia screen)

15 months of age (immunizations: DTaP, HIB)

18 months of age (immunizations: Hep A)

2 years (Labs: Lead & Anemia screen)

3 years (Labs: Lead & Anemia screen)

4 years (immunizations: DTaP, IPV, MMR, Varicella)

5 years – 10 years annually

11 years (immunizations: Tdap, HPV, Meningitis ACWY)

12 years – 15 years annually

16 years (immunizations: Meningitis ACWY)

17+ years – annually



### Adults & Children:

Annual Physical examination

Routine follow up visits (every 3-6 months if taking any long term medications for Blood pressure, cholesterol, diabetes, asthma, depression)

Routine follow up visits every 3 months if on any controlled medications (ie. narcotics, benzodiazepines, stimulants for ADHD)

Visits may be needed more often for follow up of medication changes or if problems uncontrolled (ie. Blood pressure, diabetes, depression)



### Adults 65+ :

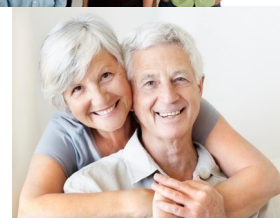
Annual Physical examination

Routine follow up visits

(every 3-6 months if taking any long term medications for Blood pressure, cholesterol, diabetes, asthma, depression)

Routine follow up visits every 3 months if on any controlled medications (ie. narcotics, benzodiazepines)

Visits may be needed more often for follow up of medication changes or if problems uncontrolled (ie. Blood pressure, diabetes, depression)



\* This is a general guideline for patients but visit frequency will be individualized for each patient depending on his or her individual medical problems.