

Your Child's Health

Health Check program for children (EPSDT)

MedStar Family Choice wants to help your children grow up healthy. If your child is in the D.C. Healthy Families (Medicaid) program, your child will be in the Health Check program, also called Early and Periodic Screening, Diagnosis and Treatment (EPSDT). This program starts right after your child is born and lasts until your child turns 21. The Health Check program gives your child a number of important check ups.

There is a Health Check (EPSDT) information sheet in this handbook. In addition, a separate document is included in your welcome packet. You can also ask your doctor, call Member Services or visit our website, medstarfamilychoice.com, for a copy of the Health Check (EPSDT) Periodicity Schedule. The schedule tells you when your child needs to go to the doctor.

HEALTHCARE SERVICE	NEWBORN TO 1 MONTH OLD AND 2 MONTHS OLD	4, 6, 9 AND 12 MONTHS OLD	15, 18 AND 24 MONTHS OLD	3 THROUGH 10 YEARS OLD	11 THROUGH 20 YEARS OLD
Health Check <ul style="list-style-type: none"> • Unclothed physical exam • Hearing/vision • Developmental and behavioral health screening 	√ at each visit	√ at each visit	√ at each visit	√ Yearly	√ Yearly
Head circumference (measuring around the head)	√ at each visit	√ at each visit	√ at each visit		
Blood pressure				√ Yearly	√ Yearly
PKU and sickle cell	√ Complete within two to four days of birth. No later than 1 month old				
Lead risk assessment and/or lead blood testing		√ Assessment at each visit and blood test by 12 months old	√ Assessment at each visit and blood test at 24 months old	√ Screen at 3, 4, 5 and 6 years old if not previously tested	
Tuberculosis (counseling/testing required if positive assessment)		√ (begin at 12 months)	√	√ Yearly	√ Yearly
Cholesterol screening and testing				√ Yearly	√ Yearly

HEALTHCARE SERVICE	NEWBORN TO 1 MONTH OLD AND 2 MONTHS OLD	4, 6, 9 AND 12 MONTHS OLD	15, 18 AND 24 MONTHS OLD	3 THROUGH 10 YEARS OLD	11 THROUGH 20 YEARS OLD
Sexually transmitted diseases (counseling/testing required if positive assessment)					√ Yearly
Blood test (Hct/Hgb)		√ (Begin at 9 months)	√ At 24 months	√ Yearly	√ Yearly
Urine testing				√ (at 4 years)	√ Yearly
Health education and guidance	√	√	√	√ Yearly	√ Yearly
Pelvic exam/Pap test					√ If sexually active or 18 years old
Dental exam			√ (Evaluation between age 12 months and 2 years)	√ Yearly	√ Yearly

In addition to Health Check/EPSTD services, your child can also get the benefits described in the “Member Health Benefits” on page 28.

Immigrant Children

If your child is in the Immigrant Children’s Program, your child will get well-child care. This program starts right after your child is born and lasts until your child turns 21.

In addition to well-child care, your child can also get the benefits described in the Your Health Benefits section on page 28.

You do not have to pay anything for these services for your child—they are free. If you have any questions or need help with transportation or scheduling an appointment, please call member services at 888-404-3549.

Care for your children’s teeth

All dental health check ups and treatments are free for MedStar Family Choice members under age 21.

Dentists can prevent cavities and teach you and your child how to care for their teeth.

- From birth up to age 3, your child’s PCP may provide dental care during regular check ups. The PCP may decide to send the child to a dentist.
- Beginning at age 3, all children should see a dentist in the MedStar Family Choice network for a check up every year. Look in the MedStar Family Choice Provider Directory or online at **medstarfamilychoice.com** to pick a dentist near you. Please call the dentist’s office for an appointment.

Children with special healthcare needs

When children have—or are at risk of having—physical, developmental, behavioral or emotional conditions that are permanent or that last a long time, they can have special healthcare needs. These children may need health care and other services that are more than or different from what other children need.

**For more information, please contact
Member Services at 888-404-3549.**

MedStar Family Choice will check to see if your child has special healthcare needs. Please be sure your child has been checked for this. If your child has not been checked to see if they have special healthcare needs, call Member Services at 888-404-3549.

- If your child has special healthcare needs, your child has the right to have a PCP who is a specialist.
- Be sure your child with a special healthcare need has a treatment plan. Call MedStar Family Choice Member Services to ask for a treatment plan for your child.

IDEA program

IDEA stands for the Individuals with Disabilities Education Act. IDEA is a federal law. The IDEA program provides special services for your child with developmental delays, disabilities or special needs. Children up to age 3 get early intervention services from MedStar Family Choice. Children age 3 and older get special educational services from the D.C. public school system.

If you think your child is not growing the way he or she should, have your child tested (IDEA evaluation). To get an IDEA evaluation, call your PCP. If your child needs IDEA Services, your PCP will refer your child to the D.C. government's Early Intervention program.

MedStar Family Choice has case managers who can tell you more about IDEA and the other services your child can get.

MedStar Family Choice covers the services listed below if your child is in the IDEA program:

- For children up to age 3, MedStar Family Choice covers all healthcare services, even if the service is in your child's treatment plan.
- For children aged 3 and older, MedStar Family Choice:
 - Pays for all healthcare services and services in your child's treatment plan that your child needs when not in school—even on evenings, weekends and holidays.
 - Coordinates services that are not provided through the school's treatment plan.

For more information on the services your child can get through the IDEA program, contact your child's school.

Immunizations (shots) for children and teens

Immunizations (shots) are important to keep your child healthy.

Your PCP and MedStar Family Choice will schedule appointments for your child's shots.

Shots are free. The shot schedule for children is:

VACCINE	BIRTH	2 MONTHS	4 MONTHS	6 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	2 YEARS	4 TO 6 YEARS	11 TO 12 YEARS	13 TO 18 YEARS
Hepatitis B (HepB)	√	√ (between 1 and 2 months)		√							
Diphtheria, Tetanus, Pertussis (DTaP)		√	√	√		√			√	√ (Tdap)	
Haemophilus Influenza type b (Hib)		√	√	√	√						
Polio (IPV)		√	√	√					√		
Measles, Mumps, Rubella (MMR)					√				√		
Varicella (Var)					√				√		
Pneumococcal Conjugate (PCV7)		√	√	√	√						
Human Papillomavirus										√ 3 doses	
Rotavirus		√	√	√							
Influenza				√ All children 6 months to 18 years of age							
Meningococcal										√	
Hepatitis A					√		√	√ Certain risk groups			