

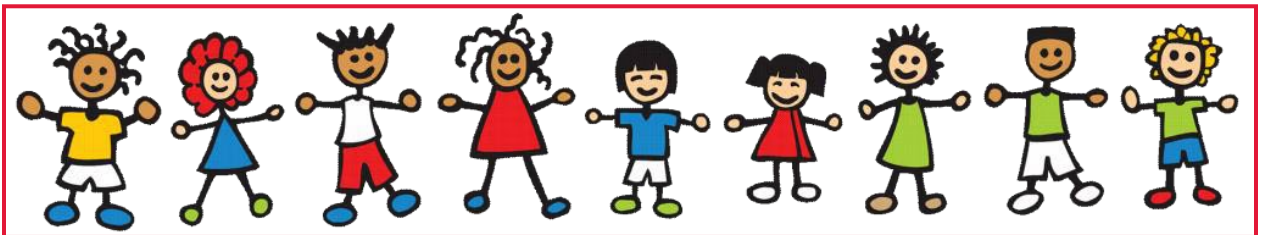


# EPSDT

Early and Periodic Screening, Diagnostic, and Treatment



UTAH DEPARTMENT OF  
**HEALTH**  
MEDICAID



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

EPSDT is for children on Medicaid. Anyone from birth through age 20 on Traditional Medicaid (*except members who are eligible for Targeted Adult Medicaid*) can get EPSDT covered services.

EPSDT benefits can help you keep your child healthy.

### To help your child stay healthy, EPSDT offers:

- Well-child visits
- Immunizations (shots)
- Vision tests, hearing tests and dental visits
- Local Health Department nurses who help you understand how important EPSDT visits are and can help schedule EPSDT visits
- Medically necessary services that are not always paid by Medicaid

### An EPSDT well-child visit includes the following:

- Head to toe exam
- Shots
- Complete health and developmental history
- Evaluation of physical and mental health
- Lab services including required lead screening
- Vision, hearing and dental services
- Health education and helpful advice

### Why is it important for your child to have well-child visits?

Your child has a better chance of staying healthy with regular check-ups. The check-ups start at birth. When your child sees their doctor, you know they are on track for healthy development. If the doctor finds a concern, EPSDT can help your child get the right help early. Getting help early is important.

An EPSDT well-child visit also gives you the chance to ask the doctor any questions or concerns you have about how your child is growing and developing. EPSDT services give your child a better chance to stay healthy. Healthy children are more likely to stay healthy. They have fewer health costs. Healthy children miss less school and their parents miss less work.

When your child is healthy, you save yourself and your family time and worry. Remember to ask for an EPSDT exam every time you schedule a well-child check-up.

## When should your child have a well-child visit?

Utah follows the American Academy of Pediatrician’s (AAP) schedule. We ask you to get well- child visits at the following ages:

Stage	Ages						
Infancy	3 to 5 days after birth	1 month	2 months	4 months	6 months	9 months	12 months
Early Childhood	15 months	18 months	24 months	3 years	4 years		
Middle to late childhood	5 years	6 years	8 years	10 years			
Adolescence	Every year from 11 through 20						

## Create a Medical Home for Your Child

Every child needs a medical home. A medical home is when you, your family and your child’s doctor work together as partners in your child’s medical care. When your child has one doctor who knows them, they have a medical home. This is the best way to make sure your child gets the health care they need.

You support your child’s medical home when you:

- Find a doctor who sees your child regularly (it is best to stay with the same doctor who knows your child)
- Tell the doctor what you know about your child
- Listen to what the doctor has to say
- Ask questions when you do not understand what the doctor is saying
- Be sure the doctor understands you

## Autism Spectrum Disorder (ASD) Related Services

ASD related services are only available under the CHEC program. ASD related services might include:

- Diagnostic assessments and evaluations
- Therapies such as physical therapy, occupational or speech therapy
- Services that use principles of applied behavior analysis (ABA)

In order to receive ABA services, members with EPSDT must have a valid ASD diagnosis.

For more information about ASD, related services go to [medicaid.utah.gov/Utah-medicaid-official-publications](https://medicaid.utah.gov/Utah-medicaid-official-publications) to see the Autism Spectrum Disorder manual.

## Immunizations (Shots)

When you get your child immunized, you protect them from deadly and disabling diseases. You also protect other children from these diseases. Getting the recommended shots is part of a well-child visit. Your child's doctor will tell you which shots your child needs. Most doctors will be able to give your child this important preventive health benefit.

## Laboratory Tests

Lab tests are part of a CHEC visit. They show if your child is healthy or at risk for serious problems. These tests may include:

- Heel-stick or PKU: shows if a new baby has a problem that can cause mental handicaps
- Finger-stick: tells if a baby has enough iron in their blood
- TB test: shows exposure to tuberculosis
- Urine: shows if there is a kidney problem or a chance of diabetes
- Blood Lead Screening: shows if there is lead in their blood



Lead poisoning is preventable. A simple blood test at a regular EPSDT visit is *very* important. Medicaid wants every child to have a blood lead test at age one and at age two. Any child under age six who has not had a blood lead test should get one. If the test shows your child has lead poisoning, the doctor can treat it right away.

Even a low level of lead in a small child's blood causes serious problems. A small amount of lead in your child's blood can:

- Slow a child's growth
- Affect how a child acts and behaves
- Cause hearing problems
- Slows down brain development causing learning problems

Some things around the house that you may not think are dangerous are:

- Lead Fishing Sinkers
- Lead shot
- Lead based paint in older homes

A young child might chew on chips of paint, suck on lead sinkers, and drink from unglazed pottery. They may also eat sand or dirt with tiny bits of lead. Check your home for these and other lead hazards.

Higher lead levels can damage a child's kidneys, causes seizures, coma or even death.

## Oral Health and Dental Services

A child should go to a dentist by their first birthday. The dentist will tell you when to bring your child back for a checkup. Sometimes it is not easy to find a dentist who will see a small child unless they have a dental problem. Your child may have to wait until age three for regular checkups.

At the dental exam, the dentist:

- Cleans and checks the teeth
- Fixes dental problems
- Gives fluoride treatments
- May apply sealants
- Teaches good tooth and mouth care

## Hearing and Vision Services

If your child has eye or hearing problems that the doctor cannot treat, the doctor may ask you to take your child to an eye or ear specialist. The specialist will help know how to help your child.

## Children with Special Needs or Needing Special Services

Some children have special health care needs. The need could be a physical, mental, or emotional disability or a long-term illness.

Often EPSDT can cover these special needs. Any special service, treatment, or equipment must be "medically necessary."



Examples of medical needs are:

- Glasses
- Therapy (speech, physical, occupational or counseling)
- Assistive technology, such as a special wheelchair or a tool to make eating or dressing easier)
- Hearing aids

Your child's doctor may be able to work with Medicaid to find a way to meet your child's special needs.

An EPSDT visit helps you learn more about what your child needs. It is a chance for you to talk to the doctor and to be involved in decisions about care and treatment.

## **Making an EPSDT Appointment**

Call your child's doctor, dental office, or clinic and ask to make an appointment for a well-child exam. Take your child's Medicaid card. Do not go for an exam without an appointment.

## **Outreach and Education**

Local public health offices work with Medicaid. Public health nurses make home visits. They let families know when a child needs or is past due for a well-child or dental exam. You may receive a call, letter, or home visit from your public health office to remind you to make an appointment.

The public health office can help you schedule an appointment. They can also help answer questions about EPSDT. The phone calls and letters are to help you remember to get important EPSDT services for your child.