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Services

Texas Health Steps

**Medical and Dental Checkups
and Treatment Services**

Terri Sparks RNC
February 2020



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Texas Health Steps

Medical Checkups

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Texas Health Steps:

Today's Topics

- Texas Health Steps (THSteps) Overview
- THSteps Medical Checkup
- THSteps Dental Checkup
- Dental Treatment Services
- 3 in 30



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Texas Health Steps:

Overview

- EPSDT: Early and Periodic Screening, Diagnosis, and Treatment
- THSteps covers children birth through 20 years of age
- Federal Law in 1989 – Omnibus Budget Reconciliation Act (OBRA)
- Social Security Act (SSA)
- Comprehensive Care Program (CCP)



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Texas Health Steps:

EPSDT Overview

The Early and Periodic Screening, Diagnosis, and Treatment (EPSDT) service is Medicaid's comprehensive preventive child health care program.

For children birth through age 20.

Includes medical, dental, and case management.



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Texas Health Steps

EPSDT Overview

Early and Periodic Screening, Diagnosis and Treatment

Created by the 1967 amendments to the Social Security Act

Defined by the Omnibus Budget Reconciliation Act (OBRA) of 1989.

In Texas, EPSDT is known as Texas Health Steps.

The Social Security Act requires that any medically necessary service listed in the Act be provided to EPSDT recipients if the service is not available under Medicaid. These additional services are available through the Comprehensive Care Program (CCP).



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Texas Health Steps:

Mission of Texas Health Steps

Texas Health Steps is dedicated to:

Expanding patient and family awareness of existing medical, dental, and case management services through outreach and informing efforts.

Recruiting and retaining a qualified health-care provider pool to assure the availability of comprehensive preventive medical, dental, and case management services to children and adolescents birth through 20 years.



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Texas Health Steps:

Scope of THSteps Services

- Periodic Medical Checkups
- Dental Checkups and Treatment Services
- Diagnosis of Medical Conditions
- Medically Necessary Treatment and Services
- Services are free
- Checkups for children in foster care provided by STAR Health/Superior Healthplan
- Checkup providers must be enrolled in Medicaid/THSteps and contracted by STAR Health



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Texas Health Steps:

Why THSteps Checkups?

Comprehensive in design

- Align with American Academy of Pediatrics (AAP) Guidelines
- THSteps Periodicity schedule is similar to AAP schedule
- Checkup components are routinely reviewed and updated based on input from experts including THSteps Advisory Panel Members



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Texas Health Steps:

Why Checkups are Important

- Comprehensive review of medical status
- Identification of abnormal findings
- Disease prevention
- Disease detection
- Identification of family relationship issues, school issues and needs for community services
- Tracking of growth and development
- Opportunity for parents/caregivers to raise concerns
- Facilitates medically necessary treatment services
- Health Promotion and injury prevention



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Texas Health Steps:

Medical Home

HHSC and THSteps encourage the provision of the THSteps medical checkup as part of a medical home.

THSteps defines a medical home as a model of delivering care that is:

- Accessible
- Continuous
- Comprehensive
- Coordinated
- Compassionate
- Culturally Competent
- Family Centered



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Texas Health Steps:

Checkup Scheduling

Fee-For-Service clients – Should receive a THSteps checkup within 90 days of receiving Medicaid eligibility. Newborns within 14 days

For Managed Care clients – Should receive a THSteps checkup within 90 days of enrollment in Managed Care Organization (MCO). Newborns within 14 days.

Immediate Medicaid coverage for children in conservatorship

For children in foster care – Must receive a THSteps checkup within 30 days of entering conservatorship.



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Texas Health Steps:

Checkup Scheduling Cont.

Checkups should be scheduled based on the ages indicated on the THSteps Medical Checkup Periodicity Schedule

Families should be encouraged to schedule as soon as the child is due for a checkup

Family education about THSteps checkups is very important



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THSteps Periodicity Schedule



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Texas Health Steps Medical Checkup Periodicity Schedule for Infants, Children, and Adolescents

COMPREHENSIVE HEALTH SCREENING* BIRTH THROUGH 10 YEARS OF AGE

* Comprehensive Health Screening, as indicated below, consists of federal and state components that are required for the checkup to be considered complete. Refer to the Texas Medicaid Provider Procedures Manual (TMPPM) for further detail at http://www.tmhp.com/Pages/Medicaid/Medicaid_Publications_Provider_manual.aspx. Find current Periodicity Schedule online at <http://www.dshs.state.tx.us/thsteps/providers.shtm>.

AGE	History	Nutritional Screening	DEVELOPMENTAL SURVEILLANCE			MENTAL HEALTH		Unclipped Physical Examination	Critical Congenital Heart Defect Screening	MEASUREMENTS					VISION		HEARING		Dental Referral	Screen/Administer Immunizations According to ACP Guidelines	LABORATORY TESTS					Health Education/Anticipatory Guidance												
			Review of Milestones	ASQ, ASQ:SE, or PEDS	M-CHAT or M-CHAT-R/F™	Mental Health, Psychosocial/ Behavioral Health Screening	Postpartum Depression Screening			TB Questionnaire with Skin Test if Risk Identified	Length	Height	Weight	BMI	Fronto-Occipital Circumference	Blood Pressure	Visual Acuity	Subjective Vision			Newborn Hearing Test (OAE or ABR)	Audiometric Screening	Subjective Hearing	Newborn Screening Panel	Blood Lead Screening		Anemia	Dyslipidemia	Type 2 Diabetes									
Newborn																																						
D/C to 5 days																																						
2 weeks																																						
2																																						
4																																						
6																																						
9																																						
12																																						
15																																						
18																																						
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4																																						
5																																						
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LEGEND

- Mandatory
- If not completed at the required age, must be completed at the first opportunity if age appropriate.
- For developmental, mental health, vision, or hearing screenings: when both colors appear at the same age, perform the most appropriate-level screen.
- Recommended
- Risk-based

Note: THSteps components may be performed at other ages if medically necessary. Check regularly for updates to this schedule: <http://www.dshs.texas.gov/thsteps/Texas-Health-Steps-Checkup-Components/>. For free online provider education: txhealthsteps.com.

THSteps Periodicity Schedule



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Texas Health Steps Medical Checkup Periodicity Schedule for Infants, Children, and Adolescents

COMPREHENSIVE HEALTH SCREENING* 11 THROUGH 20 YEARS OF AGE

* Comprehensive Health Screening, as indicated below, consists of federal and state components that are required for the checkup to be considered complete. Refer to the Texas Medicaid Provider Procedures Manual (TMPPM) for further detail at http://www.tmhp.com/Pages/Medicaid/Medicaid_Publications_Provider_manual.aspx. Find current Periodicity Schedule online at <http://www.dshs.state.tx.us/thsteps/providers.shtm>.

AGE	History	Nutritional Screening	MENTAL HEALTH		TB Questionnaire with Skin Test if Risk Identified	Unclothed Physical Examination	MEASUREMENTS				VISION		HEARING		Dental Referral	Screen/Administer Immunizations According to ACP Guidelines	LABORATORY TESTS				Health Education/Anticipatory Guidance
			Mental Health: Psychosocial/Behavioral Health Screening	PSC-17, PSC-35, Y-PSC, PHQ-9, PHQ-A, OAPFL or Patient Health Questionnaire for Adolescents			Height	Weight	BMI	Blood Pressure	Visual Acuity	Subjective Vision	Audiometric Screening	Subjective Hearing			Dyslipidemia	Type 2 Diabetes	STD/STI Screening	HW Test	
11	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory
12	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory
13	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory
14	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory
15	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory
16	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory
17	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory
18	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory
19	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory
20	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory	Mandatory

LEGEND	
■	Mandatory
■	If not completed at the required age, must be completed at the first opportunity if age appropriate.
■ ■	For developmental, mental health, vision, or hearing screenings: when both colors appear at the same age, perform the most appropriate-level screen.
■	Recommended
■	Risk-based

Note: THSteps components may be performed at other ages if medically necessary. Check regularly for updates to this schedule: <http://www.dshs.texas.gov/thsteps/Texas-Health-Steps-Checkup-Components/>. For free online provider education: txhealthsteps.com.

THSteps Medical Checkup Scheduling



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Age Range Allowed	Number of Checkups
Birth through 11 months <i>(Does not include the newborn or 12 months)</i>	6
1 through 4 years of age	7
5 through 11 years of age	7
12 through 17 years of age	6
18 through 20 years of age	3

Texas Health Steps:

Exception to Periodicity Checkup

Must be complete THSteps checkup

Only required when checkup exceeds the number of checkups within age range

Must meet the following:

- Medically necessary, or
- Required to meet state or federal requirements for foster care, pre-adoption, Head Start or day care, or
- Required for dental services provided under general anesthesia



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Texas Health Steps:

Follow-up Visits

A return visit to complete a necessary procedure/checkup component not completed at the time of the checkup

- Reading Tuberculin Skin Test (TST)
- Specimen collection for laboratory screening
- Completion of a checkup component
 - Vaccine administration
 - Hearing or vision screening

Does not include evaluation of acute illnesses or follow up on chronic medical conditions



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Texas Health Steps:

Checkups and Acute Care Visits

Acute Care Evaluation and Management (E/M) Visits may occur in combination with a THSteps checkup:

- Provider discretion
- Requires separate billing form
- Documentation must support both visits
- Appropriate codes must be submitted



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Medical Checkup Components



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Medical Checkup Requirements



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- **Federally Mandated Components -**
 - Comprehensive Health and Developmental History
 - Comprehensive Unclothed Physical Examination
 - Immunizations
 - Laboratory Screening
 - Health Education/Anticipatory Guidance
- **State Requirement -**
 - Dental referral beginning at 6 months of age and until a dental home is established

Comprehensive Health History

1. Nutritional Screening
2. Developmental Surveillance and Screening
3. Mental Health Screening
4. Tuberculosis Screening



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Nutritional Screening

1. Review of Measurements/Body Mass Index (BMI) and Laboratory Screening
2. Dietary Practices
3. Infant Feeding Schedules
4. Special Diets/Food Allergies
5. Fast Food/Sports Drinks



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Developmental Surveillance and Screening

1. Surveillance requires review of developmental milestones.
2. Screenings require use of THSteps approved screening tools at 9, 18 and 24 months, 3 and 4 years.
3. Autism Screening at 18 and 24 months of age.
4. Screening required if not done at required ages or if parental concerns.



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Mental Health Screening

1. Required at each checkup
2. Screening for behavioral, social and emotional development
3. Adolescent screening once per lifetime 12-18 years of age
 - a. THSteps approved screening tool must be used.
 - b. Multiple tools available



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Tuberculosis Screening

1. Required annually beginning at 12 months of age
2. THSteps TB Questionnaire
 - a. Required screening tool
 - b. Tuberculin Skin Test (TST) must be administered if risk for possible exposure is identified
 - c. TST required for all children entering foster care
 - i. Required follow-up visit to read TST in 48-72 hours



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Physical Examination

1. Comprehensive
2. Sensory Screening – Hearing and Vision
 - a. Subjective vision and hearing
 - b. Visual acuity screening
 - c. Audiometric screening
3. Physical exam must be unclothed; properly draped
 - a. Height or Length
 - b. Weight
 - c. BMI
 - d. Fronto-occipital circumference
 - e. Blood pressure
 - i. Graphed for identification of significant deviations
4. Newborn hearing screening results
5. Newborn Critical Congenital Heart Disease (CCHD) Screening



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Immunizations

1. Immunization status must be assessed at each checkup
2. Immunizations administered according to Advisory Committee on Immunization Practices (ACIP) recommendations
3. Must be administered at checkup unless due to contraindications
4. Parent refusal – reason of conscience (including religious beliefs)
5. Providers may not refer clients to other entities for immunizations
 - a. Vaccines available through Texas Vaccine For Children (TVFC) Program



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Laboratory Screenings

1. Required and Risk-based Screenings
2. Newborn Screening
 - a. Newborn screen at birth and again 7-14 days of age
3. Anemia Screening
4. Lead Screening
5. Dyslipidemia Screening
6. Type 2 Diabetes Screening
7. Sexually Transmitted Disease/Infection Screening
 - a. Gonorrhea and Chlamydia
 - b. HIV
 - c. Syphilis



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Health Education and Anticipatory Guidance

1. Required at each checkup
2. Must include time period for next checkup
3. Individualized
 - a. Child development
 - b. Healthy lifestyles
 - c. Disease prevention
 - d. Risk of lead exposure
4. Provider tool available



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Oral Exam and Dental Referrals

1. Oral health exam included in physical exam and completed by medical provider
2. Referral to establish a dental home
 - a. Beginning at 6 months of age
 - b. Continues until dental home is established
3. Dental referral at any age for problems
4. Emergency dental referrals for injury, bleeding, infection or excessive pain can be made directly to dental provider



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Documentation

1. All components must be completed and documented in the client record for the checkup to be considered “complete”
2. Incomplete checkups may be recouped
3. Quality review activities include:
 - a. Random chart reviews, and
 - b. Focused studies of THSteps medical checkup completeness
4. THSteps Child Health Record Forms
 - a. Age-specific
 - b. Reflect current THSteps checkup requirements
 - c. Use is optional



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THSteps Provider Tools

1. THSteps Periodicity Schedule – checkup requirements
2. THSteps Quick Reference Guide – includes billing codes and other resources
3. THSteps Website – includes sign-up for email alerts
4. Texas Medicaid Provider Procedures Manual (TMPPM) – Texas Medicaid Healthcare Partnership (TMHP) website
5. THSteps Anticipatory Guidance Tool
6. Various laboratory screening tools



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Reporting Requirements

Provider Responsibility

- Communicable Disease Reporting
- Early Childhood Intervention (ECI) referrals
- Child Abuse and Neglect Reporting
- Parental Accompaniment
- Newborn Blood Screening
- Newborn Hearing Screen
- Critical Congenital Heart Disease (CCHD) Screen
- Blood Lead Level Screen
- TB Infections
- Immunizations



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Summary



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- Checkups for children in foster care identify medical and behavioral issues which need immediate attention
- THSteps medical checkups are required within 30 days for children entering foster care
- Providers can obtain support from STAR Health when caring for children in foster care
- Medical checkups are important but dental checkups are equally important
- Contact THSteps for questions related to checkup requirements



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Texas Health Steps

**Dental Checkups and Treatment
Services**

Texas Health Steps:

Scope of Dental Checkups and Services

Texas Health Steps dental services are benefits of Medicaid eligible children from birth through 20 years of age.

- Early detection and treatment of dental health problems
- Oral health preventive services



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Texas Health Steps:

Scope of Dental Checkup and Services Continued

Early detection and treatment of dental health problems.

Oral health preventive services.

- First Dental Home

Dental providers may provide medically necessary dental services:

- Emergency
- Diagnostic
- Preventive
- Therapeutic
- Orthodontic



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Texas Health Steps:

Scope of Dental Checkup and Services Continued

- Dental preventive services; checkups every 6 months for children 6 months and older
- Therapeutic services
- Diagnostic services
- Orthodontia services
- Anticipatory guidance



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Texas Health Steps:

Why THSteps Dental Checkups?

Comprehensive in design

- Align with American Academy of Pediatric Dentistry (AAPD) Guidelines
- Align with American Dental Association Guidelines for Radiographs



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Texas Health Steps:

Why Dental Checkups are Important

- Comprehensive review of dental status
- Identification of abnormal findings
- Disease prevention and detection
- Facilitate dental treatment services
- Health Promotion and injury prevention



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Texas Health Steps:

Dental Home

HHSC and THSteps encourage the provision of the THSteps dental checkup as part of a dental home.

THSteps defines a dental home as a model of delivering care that is:

- Accessible
- Continuous
- Comprehensive
- Coordinated
- Compassionate
- Culturally Competent
- Family Centered



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Texas Health Steps:

Checkup Scheduling

Clients receive a THSteps dental checkup within 90 days of receiving Medicaid eligibility

Immediate Medicaid coverage for children in conservatorship

- Children in foster care must receive a THSteps dental checkup within 60 days of entering conservatorship



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Texas Health Steps:

First Dental Home (FDH)

- Package of services to improve the oral health of children 6-35 months of age
- Decrease occurrence of Early Childhood Caries (ECC)
- Provides simple, consistent messages to parents/caregivers
- Provided by pediatric and general dentists



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Texas Health Steps:

FDH Continued

FDH Visits Include:

- Comprehensive oral examination
- Oral hygiene instructions with primary caregiver
- Dental prophylaxis
- Topical application of fluoride varnish
- Caries risk assessment
- Dental anticipatory guidance
- Establishment of recall schedule
 - Checkups at 3 month intervals if necessary



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Texas Health Steps:

Exception to Periodicity Dental Checkup

Exceptions to six-month periodicity for dental checkups:

- Medically necessary, or
- Required to meet state or federal requirements



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Texas Health Steps:

Caries Risk Assessment (CRA)

Required as part of all dental exams:

- Required for ages six months through 20 years
- Forms for specific age ranges (6-35 months, 3-5 years and 6-20 years)
- THSteps CRA forms
- Classifications
 - Low, moderate and high caries risk
 - Recall schedule based on caries risk



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Texas Health Steps:

Emergency Visits or Trauma

A referral is not needed for emergency or trauma related dental services



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Health Education and Anticipatory Guidance

1. Required at each checkup
2. Must include time period for next checkup
3. Individualized
 - a. Child development
 - b. Healthy lifestyles
 - c. Disease prevention
 - d. Risk of lead exposure
4. Provider tool available



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Documentation

All components must be completed and documented in the client record for the checkup to be considered “complete”

Incomplete checkups may be recouped

Quality review activities include:

- Random chart reviews, and
- Focused studies



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THSteps Provider Tools

AAPD Periodicity Schedule

THSteps Website – includes sign-up for email alerts

Texas Medicaid Provider Procedures Manual (TMPPM) – Texas Medicaid Healthcare Partnership (TMHP) website

THSteps Dental Anticipatory Guidance Tool

Caries Risk Assessment Tools

First Dental Home Tools



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Reporting Requirements

Dental Providers

- Communicable Disease Reporting
- Child Abuse and Neglect Reporting
- Parental Accompaniment



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Summary



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- Checkups for children in foster care identify medical, dental and behavioral issues which need immediate attention
- THSteps dental checkups are required within 60 days for children entering foster care
- Providers can obtain support from STAR Health when caring for children in foster care
- Medical and dental checkups are both important to the overall health of children
- Contact THSteps for questions related to checkup requirements

Questions?



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Thank you

Terri Sparks RNC
Texas Health Steps
512-776-2816
terri.sparks@hhsc.state.tx.us