

Medicaid Preventative Care Fact Sheet

Preventative care with regular health checkups is beneficial to your patients.

Medicaid members can be seen at least once per calendar year for preventative care exams.

Consider developing a personalized prevention plan to help them on their healthcare journey.

Note: Healthy infants should be seen by their doctor often during the first year of life.

Age	Exam Components	Topics To Cover During Exam
Ages 0-2 Conduct preventative care 2-3 days after coming home and then at: <ul style="list-style-type: none"> • 1 month old • 2 months old • 4 months old • 6 months old • 9 months old 	<ul style="list-style-type: none"> • Age-appropriate unclothed exam and history • Head circumference • Length/height, weight, BMI % 	<ul style="list-style-type: none"> • Development progress • Newborn screenings • Hearing issues • Vision problems • Labs/tests and screenings as applicable • Nutrition assessment and counseling • Immunizations as applicable
Ages 3-10	<ul style="list-style-type: none"> • Annual exam • Age-appropriate unclothed exam and history • Height, weight, BMI % • Blood pressure • Dental, vision and hearing screenings • Medication reconciliation 	<ul style="list-style-type: none"> • Dental care • Obesity, diet and physical activity • Development/behavioral screening • Labs/tests and screenings as applicable • Immunizations as applicable
Ages 11-20	<ul style="list-style-type: none"> • Annual exam • Age-appropriate unclothed exam and history • Height, weight, BMI % • Blood pressure • Dental, vision and hearing screenings • Obesity screening • Medication reconciliation 	<ul style="list-style-type: none"> • Diet and physical activity • Domestic violence/abuse screening • Anxiety/depression screening • Alcohol, tobacco and drug use • Sexual health (contraception and STDs) • Labs/tests and screenings as applicable • Immunizations as applicable
Ages 21-49	<ul style="list-style-type: none"> • Annual exam • Height, weight, BMI % • Blood pressure/hypertension screening • Cardiovascular screening • Cancer screenings (skin, colon, breast, cervical, etc.) • Diabetes screening • Obesity screening • Medication reconciliation 	<ul style="list-style-type: none"> • Diet and physical activity • Domestic violence/abuse screening • Anxiety/depression screening • Alcohol, tobacco and drug use • Gynecological health referral • Sexual health (contraception and STDs) • Labs/tests and screenings as applicable • Immunizations as applicable

Ages 50 and older	<ul style="list-style-type: none"> • Annual exam • Height, weight, BMI % • Blood pressure/hypertension screening • Cardiovascular screening • Cancer screenings (skin, colon, breast, etc.) • Diabetes screening • Lung cancer screening • Obesity screening • Urinary incontinence • Medication reconciliation 	<ul style="list-style-type: none"> • Advanced care planning • Anxiety/cognitive/depression screening • Alcohol, tobacco and drug use • Diet and physical activity • Domestic violence/abuse screening • Fall/balance/activities of daily living risks • Sexual health (contraception and STDs) • Refer/order preventive labs/tests and screenings as applicable • Immunizations as applicable • Gynecological health referral
--------------------------	---	---

When evaluating members and establishing the presence of a diagnosis, remember to put the **M.E.A.T.** (Monitoring, Evaluating, Assessing/Addressing, & Treating) in your documentation.

Monitoring	Evaluating	Assessing/Addressing	Treating
<ul style="list-style-type: none"> • Signs • Symptoms • Disease progression • Disease regression 	<ul style="list-style-type: none"> • Test results • Medication effectiveness • Response to treatment 	<ul style="list-style-type: none"> • Ordering tests • Discussion • Review records • Counseling • Planning 	<ul style="list-style-type: none"> • Medications • Therapies • Other modalities • Referrals to specialists • Disease management program • Testing

Tips to ensure healthy outcomes:

- Always share tests and screening results with members and how they can access them via member portal.
- Be sure to submit all applicable conditions via ICD-10 codes.
- Leverage CPT® Category II codes to ensure outcomes to reduce chart collection events.
- Provide anticipatory guidance and counseling/referrals for identified problems.

Consumer Assessment of Healthcare Providers and Systems (CAHPS®)

Your Success Is Our Success: CMS or NCQA may ask your patients how you rate in the annual Consumer Assessment of Healthcare Providers and Systems CAHPS® survey. Our goal is to partner with our providers to serve your patients with the best healthcare possible.

Improving your patient’s experience during their office visit has been proven to improve healthcare outcomes and increase patient compliance with treatment plans.



Ensure your patient’s satisfaction:

- See patient within 15 minutes.
- Write prescriptions for medications on formulary.
- Share test results as soon as you get them.
- Help coordinate and manage care to other health services.
- Refer patients to network specialists.

