



Texas Health Steps

Presented by





Overview

- The Early and Periodic Screening, Diagnosis, and Treatment (EPSDT) program is a federally mandated health care program. EPSDT is Medicaid's comprehensive preventive child health service for individuals from birth through 20 years of age. In Texas, EPSDT is known as Texas Health Steps (THSteps).
- THSteps is overseen by the Texas Health and Human Services Commission (HHSC) and administered by the Texas Department of State Health Services (DSHS). Providers must be enrolled in the THSteps program to provide THSteps services.
- THSteps medical checkups provide:
 - Free medical checkups starting at birth, so any problems can be treated before they get worse.
 - Free dental checkups starting at six months of age.
 - Vaccines to keep children safe from diseases.



Complete THSteps Exam

- The visit is a comprehensive medical checkup and must include all age-appropriate:
 - Comprehensive health and developmental history
 - Comprehensive unclothed physical exam
 - Immunizations
 - Laboratory tests
 - Health education and counseling, including anticipatory guidance
 - Referral to a dentist at six months of age and every six months thereafter until a dental home has been established
- The THSteps Medical Checkup Periodicity Schedule for Infants, Children, and Adolescents (birth through 20 years of age) is a guide for THSteps providers to understanding the age-appropriate requirements for each checkup. All components listed on the Periodicity Schedule must be completed for the checkup to be considered a compliant THSteps medical checkup. The THSteps Periodicity Schedule can be found on the DSHS THSteps Provider Information page at <http://www.dshs.state.tx.us/thsteps/providers.shtm>.
- Providers must document all components of the THSteps medical checkup in the patient's medical record as they are completed.



Complete THSteps Exam

- Laboratory services

- Please follow the THSteps Periodicity Schedule for all required lab tests when performing a THSteps medical checkup.
- Tests for hemoglobin/hematocrit, chlamydia, gonorrhea, and lead (with the exception of point of care testing for lead) must be sent to one of the DSHS laboratories. All other tests may be sent to the lab of the provider's choice.
- More information about supplies, shipping, and test results can be found on the DSHS Laboratory page at <http://www.dshs.state.tx.us/lab>.

- Immunizations

- Providers must screen immunization status at every medical checkup.
- Please follow the Advisory Committee on Immunization Practices (ACIP) Schedule. The Immunization Schedule can be found on the DSHS Immunization Schedules page at <http://www.dshs.state.tx.us/immunize/schedule>.



Child Health Clinical Record Forms

- DSHS has developed child health clinical record forms to assist providers in documenting all required components of the checkup. There is a separate form for each age visit along with instructions for completing the forms. These forms are not mandatory for use, but can be helpful to providers in ensuring complete checkups. Forms can be accessed at:

<http://www.dshs.state.tx.us/thsteps/childhealthrecords.shtm>.



Lead Screening

Information for providers related to blood lead screening and reporting for clients is available on the DSHS Blood Lead Surveillance Group's website at www.dshs.state.tx.us/lead/providers.shtm.

- **Texas Childhood Lead Poisoning Prevention Program (TXCLPPP)**
 - TXCLPPP maintains a surveillance system of blood lead results on children younger than 15 years of age. Texas law requires reporting of blood lead tests, elevated and non-elevated, for children younger than 15 years of age. Physicians, laboratories, hospitals, clinics, and other healthcare facilities must report all blood lead tests to the Texas Child Lead Registry.
- **Adult Blood Lead Epidemiology and Surveillance Program (ABLES)**
 - (ABLES) maintains a surveillance system of blood lead test results on **individuals 15 years of age and older**. Laboratories and physicians are required by the Texas Reportable Occupational Conditions Act to report all blood lead levels. Follow-up is conducted on blood lead levels that are 10 micrograms of lead per deciliter (10mcg/dL) of blood or higher.
- **Reporting, Laws & Administrative Code**
 - In accordance with the Texas Health and Safety Code, Chapter 88, the Texas Childhood Lead Poisoning Prevention Program (TX CLPPP) implements the law by maintaining a registry of blood lead results, analyzing data, and conducting lead poisoning prevention activities.
 - The Texas Administrative Code (Title 25, Part 1, Chapter 37, Rule §37.334) requires the reporting of all blood lead levels, elevated and non-elevated, for children 14 years of age or younger. Physicians, laboratories, hospitals, clinics, and other healthcare facilities must report all blood lead tests to the Texas Department of State Health Services, Childhood Lead Poisoning Prevention Program.
- **Reference for Blood Lead Retesting and Medical Case Management**
 - A reference guide for use by healthcare providers to determine when follow-up blood lead testing is necessary can be found at http://www.dshs.state.tx.us/lead/pdf_files/pb_109_physician_reference.pdf



Oral Evaluation and Fluoride Varnish

Oral Evaluation and Fluoride Varnish (OEFV) in the Medical Home offers limited oral health services provided by THSteps enrolled physicians, physician assistants, and advance practice registered nurses.

- Provided in conjunction with the medical checkup.
- Includes immediate oral evaluation, fluoride varnish application, dental anticipatory guidance, and referral to a dental home.
- Providers must attend the OEFV training offered by the DSHS Oral Health Program to be certified to bill for this service.
- For more information go to: <http://www.dshs.texas.gov/dental/OEFV.shtm>



Timely Exam

- New Members
 - Children who are new Medicaid clients require a THSteps medical checkup within the first 90 days of plan membership to establish a medical home.
 - An allowance can be made to the 90-day requirement if there is documentation that the child previously received a THSteps medical checkup through a different provider and that the next checkup is not due.
- Existing Members
 - THSteps medical checkups are due based on the THSteps Periodicity Schedule driven by the member's date of birth.
 - Members less than 3 years of age – multiple checkups within each year.
 - Members over 3 years of age – yearly exam. A THSteps medical checkup must be completed within 364 days of the date of birth for the checkup to be considered timely.



THSteps Exceptions to Periodicity

- Exception to periodicity are medical checkups completed outside the timeframes listed in the THSteps Periodicity Schedule due to extenuating circumstances. A THSteps medical checkup is allowed outside of the regular THSteps Periodicity Schedule when:
 - Medically necessary (developmental delay or suspected abuse) – **Modifier SC**
 - Environmental high-risk (sibling of child with elevated blood lead) – **Modifier SC**
 - Required to meet state or federal exam requirements for Head Start, daycare, foster care, or pre-adoption – **Modifier 32**
 - Dental services provided under general anesthesia – **Modifier 23**



THSteps Outreach and Informing Unit

- The THSteps Outreach and Informing staff:
 - Educate Medicaid clients about the benefits of preventive health care for children.
 - Encourage Medicaid clients to participate in THSteps benefits and services.
 - Assist Medicaid clients in accessing services and overcoming barriers to participation.
 - Enroll clients in the health plan and dental plan of their choice.

Toll-free Help Line – 1-877-THSTEPS
(1-877-847-8377)

- THSteps Provider Outreach Referral Service
 - Created to help reduce the number of missed appointments and help provider office staff with the problems missed appointments create. This service is designed to assist providers with contacting recipients who miss appointments and removing barriers to accessing services.
 - THSteps providers should complete a THSteps Provider Outreach Referral Form and fax it to the THSteps Special Services Unit (SSU).
 - The THSteps Provider Outreach Referral Form can be found on the DSHS THSteps page at <http://www.dshs.state.tx.us/thsteps/POR.shtm>



Comprehensive Care Program Services

- The Comprehensive Care Program (CCP) is Texas' name for the expansion of the EPSDT program (THSteps) as mandated by the Omnibus Reconciliation Act (OBRA) of 1989. CCP provides medically necessary, federally allowable treatment for Medicaid/THSteps clients birth through 20 years of age. Some medical services that usually would not be covered under Medicaid may be available to CCP-eligible clients.
- THSteps-CCP services include:
 - Comprehensive outpatient rehabilitation facilities
 - Durable medical equipment suppliers
 - Developmental occupational and physical therapy
 - Developmental speech therapy
 - Personal Care Services
 - Private duty nursing services
 - Psychiatric hospital (freestanding)
 - Early childhood intervention
 - Licensed dieticians
- For more information about CCP prior authorization status and general CCP and Home Health Services, call 1-800-846-7470.
- Additional information is also available in Sendero's Provider Manual at www.senderohealth.com or by calling Sendero Customer Service at 1-855-526-7388.



Children of Migrant Farm Workers

- HHSC defines a migrant farm worker as “a migratory agriculture worker whose principal employment is in agriculture on a seasonal basis, who has been so employed within the last twenty four months, and who establishes for the purpose of such employment a temporary abode.”
- Texas migrant children face higher proportions of dental, nutritional, and chronic health problems than non-migrant children.
- Sendero Health Plans will assist children of migrant farm workers in receiving accelerated services before they leave the area. Please call Sendero Health Plans Member Services at 1-855-526-7388 if you identify a member that is a child of a migrant farm worker. We offer help with:
 - Getting family checkups with a provider before migrating to another area.
 - Transportation to a provider office for a THSteps medical checkup.
 - Finding a doctor or dentist.



Medical Transportation Program (MTP)

- If a STAR member needs transportation to your office, the HHSC Medical Transportation Program (MTP) can provide help getting to and from the doctor, dentist, hospital, or drug store for patients with Medicaid with no means of transportation.
 - If a member does not have a car and no one can drive them, MTP staff can arrange a ride to the health-care service and back.
 - If a member does not have a car but someone can drive them, the driver may be reimbursed for mileage to the health-care service and back.
 - If a member has to travel long distance (i.e. out-of-state, out of service delivery area), Medicaid might pay for overnight lodging and meals for the member and the member's parent/guardian.



Medical Transportation Program (MTP)

- To ensure transportation assistance is available, services must be arranged:
 - Two business days in advance for appointments in the same county or county adjacent to the member's residence.
 - Five business days in advance for appointments outside of the county adjacent to the member's residence.
- To arrange a ride or get info, advise the member to call:
1-877-633-8747 or **1-877-MED-TRIP**
Monday to Friday, 8:00 a.m. to 5:00 p.m.
- As a value-added benefit to STAR and CHIP members, Sendero Health Plans provides extra help with getting a ride to STAR members when state services are not available and will assist CHIP members when a ride is needed to/from medical providers for covered services.
 - Contact Sendero Health Plans Member Services at 1-855-526-7388.



Case Management for Children and Pregnant Women

This is another THSteps service available to children, teens, young adults (birth through age 20), and pregnant women who get Medicaid and have health problems or are at risk for getting health problems.

A case manager will visit with them to:

- Find out what services they need.
- Find services near where they live.
- Teach them how to find and get other services.
- Make sure they are getting the services they need.

Case managers can help them:

- Get medical and dental services.
- Get medical supplies or equipment.
- Work on school or education issues.
- Work on other problems.

Providers or members can call THSteps Case Management for Children and Pregnant Women by calling 1-877-847-8377 (toll-free).

To learn more, go to: www.dshs.state.tx.us/caseman.



Resources

- Texas Medicaid Provider and Procedures Manual:
http://www.tmhp.com/Pages/Medicaid/Medicaid_Publications_Provider_manual.aspx
- THSteps free online provider education:
<http://www.txhealthsteps.com/cms/>