



Well-Care Visit Best Practices – Texas Medicaid

Well-care visits provide an opportunity for providers to influence patients' development and health care through counseling and screening. Performing a thorough assessment, including physical, emotional and social development is important at every stage of life. Behaviors formed during childhood or adolescence, like eating habits and physical activity, impact adulthood.

Best Practices

Texas Health Steps and Well Children Visits

- Newborns should have at least six well child visits by 15 months, then annually into adulthood¹
- Complete health assessment, including ²:
 - Physical and developmental history
 - Nutrition assessment
 - Comprehensive physical exam
 - Vaccine assessment and administrations
 - Labs as indicated
 - Anticipatory guidance
 - Dental referral or confirmation of dental care and instruction for follow-up for next Texas Health Steps (THSteps) visit
 - Conduct telehealth visits to ensure timely care
- **Remember THSteps visits can be performed and billed in conjunction with a sick visit**

Discuss and document anticipatory guidance

- All ages
- Promote healthy behaviors (i.e., MyPlate champion)
- Limit screen time
- Exercise regularly
- Develop proper sleep
- Practice good hygiene, as suggested by age group³

Ensure Vaccines are up to date

- Toddlers should receive HEDIS® CIS Combo 10 by age two
- Adolescents should receive HEDIS® IMA Combo 2 (Tpad, Meningococcal, HPV) by age 13
- Parents can sign up for ImmTrac2 to easily track and store vaccination history

Provide clear instructions

- A peer review study stated parents who had access to clear and meaningful information about their child's needs helped them to make decisions and act upon their child's condition or needs⁴

Encourage shared decision making (SDM)

- Systematic review study: Most commonly cited facilitator for pediatric SDM was high-quality information tailored to the child's developmental needs and the parent's literacy needs.⁵

Physical activity

- Reduces anxiety and depression

Parental resources

- Refer to the CDC's website for preventing childhood obesity: [Tips to Help Children Maintain a Healthy Weight](#)³

Reference the [BCBSTX Preventive Care Guidelines \(PCGs\)](#), [Clinical Practice Guidelines \(CPGs\)](#), the [Magellan Behavioral Health Toolkit](#), [THSteps for Medical Providers](#), [ImmTrac2](#), [Tips to Help Children Maintain a Healthy Weight](#) and other resources to help support quality of care.



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¹Periodicity Schedule. (n.d.). Retrieved January 26, 2021, from <https://www.aap.org/en-us/professional-resources/practice-transformation/managing-patients/Pages/Periodicity-Schedule.aspx>

²Medical Providers. (n.d.). Retrieved January 26, 2021, from <https://hhs.texas.gov/doing-business-hhs/provider-portals/health-services-providers/texas-health-steps/medical-providers>

³Tips to Help Children Maintain a Healthy Weight. (2021, January 08). Retrieved January 26, 2021, from <https://www.cdc.gov/healthyweight/children/index.html>

⁴Pighini, M. J., Goelman, H., Buchanan, M., Schonert, R. K., & Brynelsen, D. (2014). Learning from parents' stories about what works in early intervention. *International Journal of Psychology*, 49(4), 263–270. <https://doi.org/10.1002/ijop.12024>

⁵Boland, L., Graham, I. D., Légaré, F., Lewis, K., Jull, J., Shephard, A., Lawson, M. L., Davis, A., Yameogo, A., & Stacey, D. (2019). Barriers and facilitators of pediatric shared decision-making: a systematic review. *Implementation science: IS*, 14(1), 7. <https://doi.org/10.1186/s13012-018-0851-5>

⁶Childhood Obesity Causes & Consequences. (2020, September 02). Retrieved January 26, 2021, from <https://www.cdc.gov/obesity/childhood/causes.html>

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