

MEDICAID

# HEALTHY HABITS TO KEEP YOUR CHILD HEALTHY



  
**CareSource**<sup>®</sup>

# EPSDT

Early and Periodic Screening, Diagnostic and Treatment (EPSDT) is a service that provides preventive care and treatment to children enrolled in a CareSource health plan.

**E**

## **EARLY**

Check your child's health early in life so that possible problems can be stopped or found in the early stages, when they are most effectively treated.

**P**

## **PERIODIC**

Check your child's health at certain points in his/her life to assure that he/she is growing normally.

**S**

## **SCREENING**

Tests to determine if your child has a health issue that calls for closer health care, behavioral health or dental care.

**D**

## **DIAGNOSTIC**

Determine the nature and cause of health problems found by screenings and those that need further care.

**T**

## **TREATMENT**

Services needed to control, fix, or reduce physical, dental or behavioral health problems.

## Healthy Habits to Keep Your Child Healthy

We want to make sure your child is healthy and strong. You can help your child by teaching them to follow a few healthy habits. Some of these are:

- Make sure your child gets enough sleep each night.
- Give them fresh healthy foods and limit sugary drinks and processed “junk” foods.
- Take them outside daily for fresh air and play time.
- Promote staying active to help build stronger bodies and healthy outlooks. Not being active and long periods of sitting are linked to obesity.
- Limit screen time. This is important. Screen time within 30-60 minutes of bedtime has been shown to disturb sleep.
- Help your child remember to brush his or her teeth twice a day.
- Help your child cope with stress by helping them identify their feelings and talk about them.
- Make sure your child sees his or her health care provider for well-child visits. Many problems can be found and avoided because of these visits.
- Have your child vaccinated.
- Read to your child or have your child read to you.

Source: [kidshealth.org/CareSource/en/parents/stress-coping.html?ref=search](https://kidshealth.org/CareSource/en/parents/stress-coping.html?ref=search)

[riseandshine.childrensnational.org](https://riseandshine.childrensnational.org)

## EPSDT services for eligible children include:

- Screening services such as:
  - Regularly scheduled physical and behavioral health exam
  - Growth and development screening
  - Lab tests, including lead testing
  - Dental exams and treatment
  - Immunizations
  - Health education
- Vision testing and services
- Hearing testing and services
- Referrals to other health providers for follow up
- Assistance with transportation and scheduling of appointments
- Any other health care service covered by Medicaid that is needed to correct or improve conditions found during screening exams.

Source: [aaicama.org/cms/factsheets-docs/Fact\\_Sheet\\_EPSDT\\_Parents.pdf](https://www.aaicama.org/cms/factsheets-docs/Fact_Sheet_EPSDT_Parents.pdf)



# Developmental Screenings

Developmental screenings take a closer look at how your child is growing. Your child will get a brief test, or you will fill out a survey about your child. Developmental screening can be done by a doctor or nurse, but also by other experts in health care, community or school settings.

The American Academy of Pediatrics recommends developmental and behavioral screening for all children during routine well-child visits at these ages:

- 9 months
- 18 months
- 24 or 30 months

Your health care provider might suggest extra screenings if your child is at higher risk for developmental problems. These problems include preterm birth, low birthweight, environmental risks like lead exposure or other factors. If a child has an existing long-lasting health problem or a diagnosed health problem, the child should have developmental monitoring and screening in all areas of development. If your child's health care provider does not check your child with a developmental screening test regularly, you should ask that it be done.

Source: [www.cdc.gov/ncbddd/childdevelopment/screening.html](http://www.cdc.gov/ncbddd/childdevelopment/screening.html)

# Dental Health

## Infants:

- Before the teeth erupt, clean your baby's mouth and gums with a soft cloth or baby toothbrush at bath time. This helps ready the baby for the teeth cleaning to come.
- When the teeth erupt, clean the child's teeth at least twice a day with a toothbrush designed for small children. Take the baby to see a pediatric dentist by the baby's first birthday. The earlier the visit, the better.
- Never dip a pacifier in anything sweet; it can lead to tooth decay.
- Wean the baby from the bottle by one year of age.

## Children:

- Healthy teeth save time and money. Good oral health means less extensive and less expensive treatment for your child.



- A healthy mouth is attractive and can help children form a positive self-image. A bright smile can help win the confidence of peers and teachers.
- Healthy baby teeth hold space for permanent teeth and help guide them into the correct position. Severe decay and early loss of baby teeth can result in crowded, crooked permanent teeth.
- Children with healthy mouths have a better chance of general health because a disease in the mouth can put the rest of the body at risk. Results of early childhood caries are, not enough physical growth (mainly height and weight) and a diminished ability to learn.
- Remember the 2-2-2 rule. Visit your dentist two times a year and brush/floss two times a day for two minutes.

Source: <http://www.aapd.org/assets/1/7/FastFacts.pdf#xml>





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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-488-0134 (TTY: 1-800-750-0750 or 711).

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