



What is EPSDT ?

Early Periodic Screening, Diagnosis, and Treatment (EPSDT) is the Apple Health (Medicaid) comprehensive health care benefit for individuals under the age of 21. There are no additional steps to qualify.

EPSDT services help children get the care they need when they need it. This free benefit includes preventive, dental, mental health, developmental, and specialty care.

Well-child checkups

Regular well-child checkups help your child's health care provider find and treat problems early. Checkups are a time to ask questions about any health concerns.

Individuals under the age of 21 should see their doctor and dentist regularly, even if they aren't sick. Visiting your child's provider when your child is not sick is an opportunity to get health care guidance for the future.

What happens during a well-child checkup?

Your child or teen will have a complete physical exam discussing topics not included during sick child visits, including:

- Family health history
- How your child is growing
- Shots or tests needed
- Hearing or vision screening
- Blood lead screening
- Eating or sleeping problems
- Oral health
- Developmental and behavioral health screenings
- Parent/caregiver concerns

For immunizations needed outside of regular checkups, ask your provider to schedule **recommended vaccines** to protect your child and loved ones from diseases that vaccines can prevent.

When should a child get a checkup?

Call your health care provider to make an appointment and ask for an EPSDT exam. At minimum, your child should get a checkup at the following ages:

Before age 1: at 1 week, 1 month, 2 months, 4 months, 6 months, and 9 months.

Ages 1 – 4 years: 12 months, 15 months, 18 months, 24 months, 30 months, 3 years, and 4 years.

Ages 5 – 20 years: once per year.

Your provider can help you find a schedule that works best for your child.

What if a health problem is identified?

EPSDT includes diagnostic and treatment services when a health issue is identified. When an issue is identified as a part of a checkup, your provider may offer additional services or refer you to another provider.

Diagnosis may be performed by a qualified provider and take place outside of your well-child checkup. Diagnosis helps you and your provider identify what services will address the health issue.

Will all services be covered?

EPSDT covers services that are medically necessary. The broad scope of EPSDT ensures that your child has access to health care that meets their needs.

When a service is not listed as a covered service or goes beyond the designated limit, your provider can submit a request for additional services. Requests are reviewed on a case-by-case basis to determine if the services are medically necessary.





How to find a provider

Physical and behavioral health

- Call your managed care plan using the number on the back of your health plan card.
- If you do not have a managed care plan, call 1-800-562-3022.

Dental

- **DentistLink.org**
- **Insurekidsnow.gov/find-a-dentist/index.html**
- **Fortress.wa.gov/hca/p1findaprovider**
- Call 1-800-562-3022

HCA complies with all applicable federal and Washington state civil rights laws and is committed to providing equal access to our services. If you need an accommodation, or require documents in another format or language, please call 1-800-562-3022 (TRS: 711).

Additional supports



Interpreter services

If you need assistance with English or you are deaf, deaf-blind, or hard of hearing, professional interpreters are available in many languages, including sign language, at no cost to you. Let the receptionist know you need an interpreter when you schedule your appointment.

For more information visit
hca.wa.gov/interpreter-services.



Speech or hearing disability or mobility issues

If you have a speech or hearing disability or mobility issue, tell the receptionist when you make your appointment. The receptionist for your provider will help you make arrangements.



Transportation services

You may be eligible for transportation to your health care appointment at no cost to you. The appointment must be for services covered by Apple Health. If you need help finding transportation or a doctor in your area, call 1-800-562-3022.

For more information visit
hca.wa.gov/transportation-help.

EPSDT well-child checkups for your child or teen

