

Section 5: THSteps Program

What is the THSteps Program?

Texas Health Steps (THSteps) is a special health care program for children under the age of 21. THSteps is for children's health checkups, and may be referred to as the Early and Periodic Screening, Diagnosis, and Treatment (EPSDT) service. These checkups are important and members should set up an appointment within 45 days of becoming a Driscoll Children's Health Plan member. Even if a child looks and feels well, he or she may still have a problem.

Texas Health Steps can help in many ways. Some of the things done in a THSteps medical checkup are:

- Physical exam, measuring height and weight;
 - Hearing and eye check;
 - Checking for a good diet;
 - Immunizations (when needed);
 - Blood tests (when needed)
 - TB test
-

How Can I Become a THSteps Provider?

To become a THSteps provider, you will need to contact HHS. They will provide you the necessary information to becoming a THSteps provider.

Finding a THSteps Provider

If you are not a THSteps Provider, and are not a PCP (as the PCP network is required to be a THSteps Provider) you may locate a THSteps provider by reviewing your DCHP Provider Directory. All PCPs within this Directory is a THSteps provider.

DCHP Provider Services 1-877-DCH-DOCS (324-3627)

Prior Authorization and Referrals: 1-877-455-1053 (FAX 1-866-741-5650)

Case Management: 1-877-222-2759 (FAX 1-866-741-5650)

CHIP Member Services: 1-877-451-5598 STAR Member Services: 1-877-220-6376

Member Services FAX: 361-904-0187

THSteps Periodicity Schedule: Assessment Guideline Table

Age	Inpt.	Infancy					Early Childhood			
	New-born	Wk	Months				12	15	18	24
		1-2	2	4	6	9				
History										
Family	●	✓	✓	✓	✓	✓	✓	✓	✓	✓
Neonatal	●	✓	✓	✓	✓	✓	✓	✓	✓	✓
Physical, mental health & developmental history	●	●	●	●	●	●	●	●	●	●
Physical Examination	●	●	●	●	●	●	●	●	●	●
Measurements										
Height/Weight	●	●	●	●	●	●	●	●	●	●
Head Circumference	●	●	●	●	●	●	●	●	●	●
Nutritional Assessment		●	●	●	●	●	●	●	●	●
Developmental Assessment		●	●	●	●	●	●	●	●	●
Mental Health Assessment		●	●	●	●	●	●	●	●	●
Sensory Screening										
Vision Screening	●	●	●	●	●	●	●	●	●	●
Hearing Screening	●	●	●	●	●	●	●	●	●	●
TB Screening							+	+	+	+
Lab Procedures										
NB metabolic test	●	●	✓	✓	✓	✓	✓			
Hgb or Hct					●	✓	●	✓	✓	●
Lead Screening					+	✓	●	✓	+	●
Hemoglobin Type	●	●	✓	✓	✓	✓	✓	✓	✓	✓
Immunizations	●	✓	●	●	●	✓	●	✓	✓	✓
Dental Referral							●	✓	●	●
Health Education	●	●	●	●	●	●	●	●	●	●

- Required
- ✓ Required unless already provided on a previous screen at the required age, medically contraindicated or against parental religious beliefs, and documented.
- + If the child/adolescent is identified to be at high risk for TB, skin testing for TB or lead blood screenings for these conditions are needed.

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Age	E.C.	Late Childhood					Adolescence				
	Yrs.	Years					Years				
	3	4	5	6	8	10	12	14	16	18	
History											
Family	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Neonatal	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Physical, mental health & Developmental history	●	●	●	●	●	●	●	●	●	●	
Physical Examination	●	●	●	●	●	●	●	●	●	●	
Measurements											
Height/Weight	●	●	●	●	●	●	●	●	●	●	
BP	●	●	●	●	●	●	●	●	●	●	
Nutritional Assessment	●	●	●	●	●	●	●	●	●	●	
Developmental Assessment	●	●	●	●	●	●	●	●	●	●	
Mental Health Assessment	●	●	●	●	●	●	●	●	●	●	
Sensory Screening											
Vision Screening	●	●	●	●	●	●	●	●	●	●	
Hearing Screening	●	●	●	●	●	●	●	●	●	●	
TB Screening	+	+	+	+	+	+	+	+	+	+	
Lab Procedures											
Hgb or Hct	✓	✓	✓	●	✓	✓	●	✓	●	✓	
Lead Screening	+	+	+	+							
Hemoglobin Type	✓	✓	✓	✓	✓	✓	●	✓	✓	✓	
STD							◆	◆	◆	◆	
Immunizations	✓	●	✓	✓	✓	✓	✓	●	✓	✓	
Dental Referral	●	●	●	●	●	●	●	●	●	●	
Dental Sealant			✓	●	✓	✓	●	✓	✓	✓	
Health Education	●	●	●	●	●	●	●	●	●	●	

E.C. – Early Childhood

- Required.
- ✓ Required unless already provided on a previous screen at the required age, medically contraindicated or against parental religious beliefs, and documented.
- +
- ◆ Screen sexually active females and males as appropriate.

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Immunization Schedule Table

Vaccine	Age													
	Birth	1 mo.	2 mos.	4 mos.	6 mos.	12 mos.	15 mos.	18 mos.	24 mos.	4-6 yrs.	11-12 yrs.	13-14 yrs.	15 yrs.	14-18 yrs.
Hepatitis B	Hep B - 1			Hep B - 2				Hep B - 3			Hep B Series			
Diphtheria, Tetanus, and Pertussis			DTaP	DTaP	DTaP			DT aP		DTaP	Tdap	Tdap		
Haemophilus Influenzae Type b			Hib	Hib	Hib	Hib								
Inactivated Poliovirus			IPV	IPV	IPV					IPV				
Measles, Mumps, Rubella							MM R			MMR	MMR			
Varicella							Var				Var			
Pneumococcal			PCV	PCV	PC V	PC V			PCV	PPV				
Hepatitis A									Hep A Series					
Influenza						Flu Yearly				Influe nza	Year ly			
Menigococcal											MPS V4			

(Revised table according to AAP Immunization Schedule for January – December, 2006.)

- Note 1: Vaccines are listed under the routinely recommended ages.
- Note 2: Shaded areas indicate the range of acceptable ages for vaccination.
- Note 3: Solid black areas indicate catch-up vaccination
- Note 4: Broken Line (-----) for selected population only

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Eligibility for THSteps Exam

Medicaid/STAR members are periodically eligible for a THSteps exam. The Medicaid Identification Form (3087) will indicate that the member is currently eligible. A check mark on the Medicaid form indicates eligibility for the particular service, such as eye exam, eye glasses, hearing aid, and medical services. A blank space denotes that the member is not eligible for the particular service based on available data.

Exams Outside the THSteps Periodicity Schedule

Exams provided when a THSteps statement does not indicate a medical checkup is due, must be billed as an exception to the periodicity schedule. Payment will be made for these exceptions if the services are provided under the following categories:

- Medically necessary (such as developmental delay or suspected abuse)
- Environmental high risk (such as a sibling of a child with elevated blood lead)
- Required to meet state or federal exam requirements for Head Start, day care, foster care, or pre-adoption
- Required for dental services provided under general anesthesia
- Medically necessary checkup in the first six days of life

THSteps Exams for Newborns

Inpatient newborn examinations are counted as THSteps medical checkups and must include all the necessary components. The required components of the initial newborn checkup are:

- History and physical examination
- Length, height, weight, and head circumference
- Sensory screening (vision and hearing appropriate to age)
- Hepatitis B immunization
- Neonatal genetic/metabolic screen
- Health education with the parents or a responsible adult who is familiar with the child's medical history.

Immunization Requirements for Children

Immunization requirements for children are listed on the immunization table located on page 4 of this section of the manual.

Vaccines for Children (VFC) Program

The Texas Vaccines for Children Program provides free vaccines to Medicaid/STAR children who are younger than 19 years of age that are routinely recommended according to the American Academy of Pediatrics (AAP) immunization schedule. To obtain free vaccine, the provider must enroll in the VFC program through Department of State Health Services (DSHS). There is no reimbursement to providers for vaccines available from VFC. For more information, contact DSHS, or Provider Services at phone number below.

THSteps Lab and Testing Supplies

All laboratory tests required as part of the THSteps exam must be submitted to the Department of State Health Services (DSHS) laboratory. Because all THSteps laboratory tests must be processed at the DSHS Laboratory, they cannot be billed as separate claims on the same date of service as a medical checkup.

All newly enrolled THSteps providers receive a startup package of forms and supplies. Included in this startup package are blood specimen collection supplies. Additional supplies may be requested from DSHS Laboratory Services via fax at **1-512-458-7672**.

THSteps Dental Screenings

Access to THSteps dental services are required in conjunction with the THSteps exam. These exams provide for early detection and treatment of dental health problems for Medicaid eligible members younger than 21 years of age. The State of Texas has contracted with an outside vendor to provide dental services. Contact DCHP Provider Services at for more information regarding dental benefits.

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Referral for Services Identified During a THSteps Exam

Referrals for services identified during a THSteps exam would occur as any other referral process. Contact the Medical Management Department for more information regarding the referral process.