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## Stakeholder Advisory Board

June 4, 2025



*Why we're in business*

## OUR PURPOSE

Transforming the health of the  
communities we serve, one person at a time.

*What we do*

## OUR MISSION

Better health outcomes at lower costs

*What we represent*

## OUR PILLARS



Focus on the  
Individual



Whole  
Health



Active Local  
Involvement

*What drives our activity*

## OUR BELIEFS

We believe healthier individuals create more vibrant families and communities.

We believe treating people with kindness, respect and dignity empowers healthy decisions.

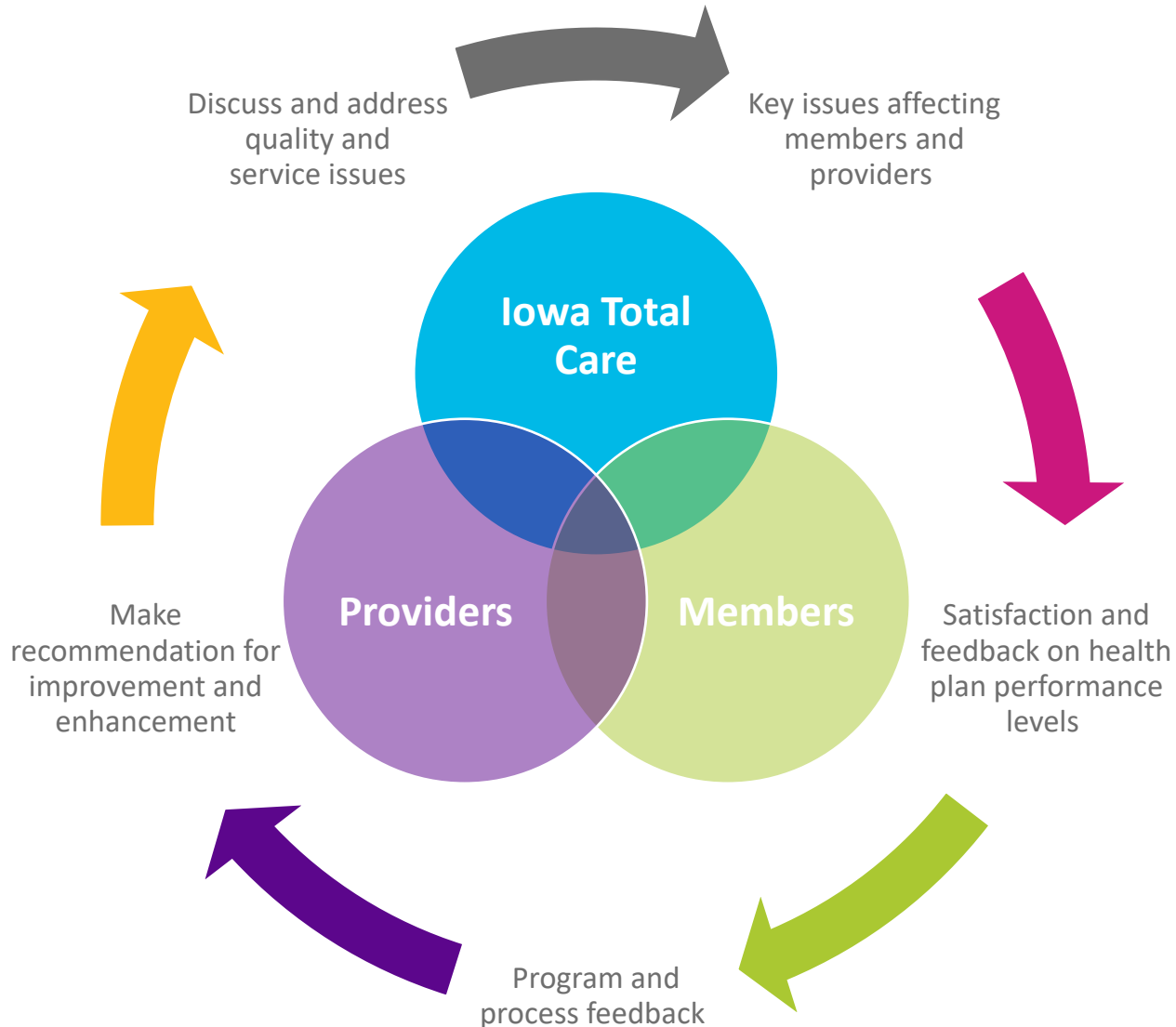
We believe we have a responsibility to remove barriers and make it simple to get well, stay well and be well.

We believe in treating the whole person, not just the physical body.

We believe local partnerships enable meaningful, accessible healthcare.



# SAB Purpose





# Housekeeping Items

Welcome to the  
Iowa Total Care  
Stakeholder  
Advisory Board

- Our technology now allows us to capture your name and attendance when you log into the meeting.
- To reduce background noise, please mute yourself.
- Please save your questions until the end of the presentation.
- The slides will be available on our website.
- Have you moved or changed phone numbers?  
Be sure to update by calling:
  - Iowa Total Care: 1-833-404-1061 (TTY: 711), and
  - Iowa Department of Health and Human Services: 1-855-889-7985.

As a reminder, the upcoming slides include information we hope will be valuable to our stakeholders. Our stakeholders are members, providers (doctors, nurse practitioners, physician assistants), and members of our communities.



# Agenda

- Welcome
- Iowa Medicaid Town Halls
- Iowa Total Care on the Go
- Early Periodic Screening, Diagnosis and Treatment (EPSDT)
- Child Well Visits and Immunizations
- Health Coaching Program
- Mental Health Awareness and Initiatives
- My Health Pays® Rewards
- Health Equity/Social Determinants of Health (SDOH) Initiatives
- Language Access Services
- Open Discussion
- Closing and Future Meetings



# In the Community

## ITC Member Baby Showers

- Sioux City – 4/16
- Cedar Rapids – 6/27

## Dia Del Nino/Day of the Child

- Burlington – 3/22
- Des Moines – 4/26

## Member Day at the Market

- Des Moines Farmers Market – 5/10

## Green to Go Locations

- Cedar Rapids – 6/28
  - NewBo City Market
- Sioux City – 8/5
  - Siouxland Community Health Center
- Des Moines – 8/17
  - John R Grubb YMCA





# NEW: Mental Health Guide

Check out Iowa Total Care's new Mental Health Guide. Includes tips for:

- Supporting a person's mental health.
- Navigating a mental health crisis.
- Ways to reduce mental health stigma.
- Available resources and more.

To learn more, visit the [provider manuals, forms and resources webpage](#).

([iowatotalcare.com/providers/resources/forms-resources.html](http://iowatotalcare.com/providers/resources/forms-resources.html))





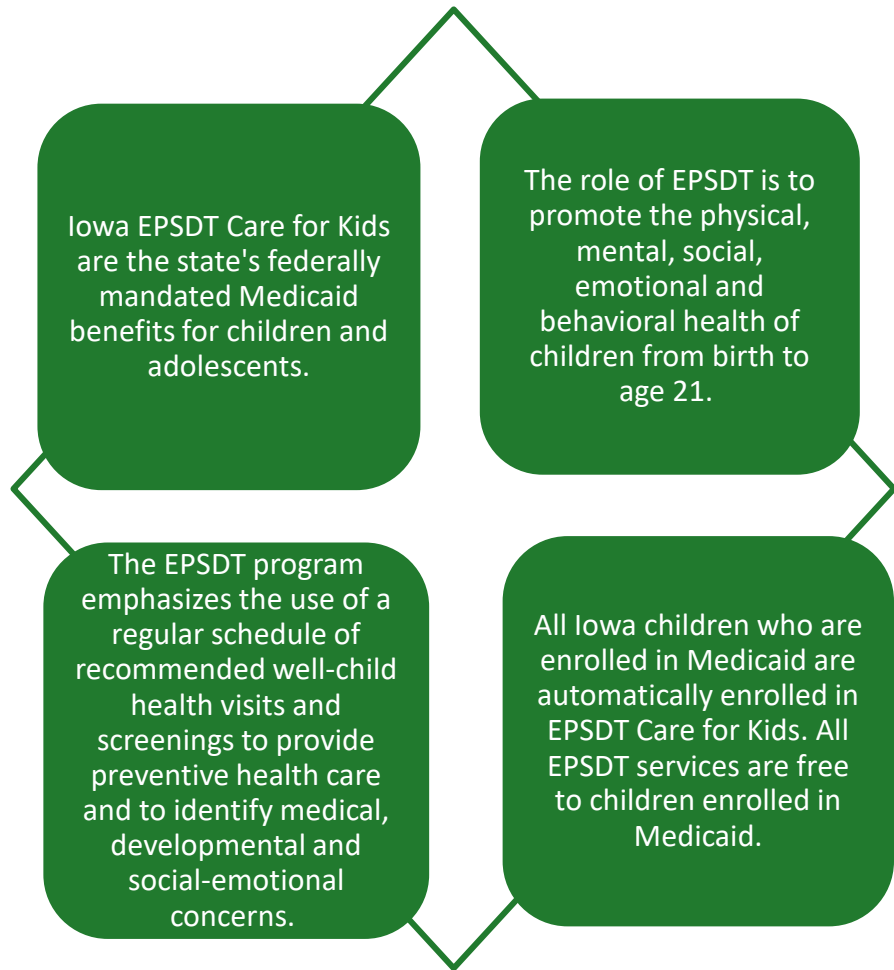
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# Physical Health

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# Iowa's Medicaid Program for Children and Teens



## EPSDT - The Acronym

### **E – Early**

Children should receive quality healthcare as early as possible.

### **P – Periodic**

Children should receive well child visits at regular intervals.

### **S – Screening**

Children should be screened for developmental, health and behavioral concerns.

### **D – Diagnosis**

Children should receive further evaluation of health, developmental or social-emotional problems during well-child visits that may require treatment.

### **T – Treatment**

Children should receive further evaluation of health, developmental or social-emotional problems identified during well-child visits that may require treatment.



# Child Well Visits

Your child's checkups:

- Important way to keep track of a child's health and development.
- Includes taking measurements such as height and weight.
  - See how much they've grown or if they have delays.
- Head-to-toe examination.
- Update immunizations.
  - These vaccines prevent illness.
- Discussion of child's development and daily routines.
  - Discuss milestones, social behaviors and learning.



# Child Well Visits, *continued*

Well child visit in the first 30 months.

Includes:

- Physical exam
- Required vaccines by second birthday
- Recommended visit schedule
  - 1-15 months of age = 6 or more visits
  - 15-30 months of age = 2 or more visits

Child adolescent well care – annual wellness visit for 3-21 years of age.

Includes:

- Physical exam
- Weight assessment, nutrition counseling and physical activity counseling (3-17 years old).
- Immunizations for adolescents by 13<sup>th</sup> birthday.
- Chlamydia screening for sexually active 16–20-year-olds.



# Child Immunizations

Vaccines are safe and effective. Some common side effects that occur are pain, redness and swelling at the injection site, and a mild fever. Iowa Total Care covers acetaminophen and ibuprofen when prescribed by a provider, and these medicines can help your child feel better after their vaccines.

The Vaccines for Children Program covers these for Iowa Total Care members at a doctor's office or clinic, or at a public health facility.

The list of recommended vaccines can be found on the Centers for Disease Control and Prevention (CDC) [vaccination schedule webpage](https://www.cdc.gov/vaccines/by-age/index.html) (cdc.gov/vaccines/by-age/index.html).

There are newer vaccines now for respiratory syncytial virus (RSV) for newborns. Whether your newborn needs this vaccine depends on whether an expecting mom received a vaccine during her pregnancy.



# Child Immunizations, *continued*

## In the news: Measles

The measles virus spreads very rapidly and infects almost every unvaccinated person who is exposed to it. There is no medicine available to treat measles.

The measles vaccine is a two-shot series, given at 12-15 months and at ages 4 to 6 years old. It is 97% effective in preventing the illness. Some parents have been concerned that this vaccine causes autism, but it does not. Many studies over the last 20+ years have confirmed that it does not.

The human papillomavirus vaccine is a two-shot series, given starting at age 9, and is effective at preventing cervical cancer, and several other types of cancer.

For more information, please visit [cdc.gov](https://www.cdc.gov) or talk with your child's healthcare provider.

([cdc.gov/measles/index.html](https://www.cdc.gov/measles/index.html))



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# Health Coaching

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*Corporation*



Prepared for:

**iowa total care**<sup>™</sup>

# Population Health Clinical Operations

Health Coaching Services





# Overview

About Us  
The Member Experience  
Member Identification  
Programs





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*Corporation*

# About Us



# Population Health Clinical Operations (PHCO) Health Coaching



## Clinical team

- Health Coaches & Lead Health Coaches

## Non-clinical outreach

- Care Management Support Coordinators

**All outreach and Health Coaching education is provided telephonically. Members may also use Wellframe, a digital companion to telephonic coaching.**



# Health Coaches: who are they?

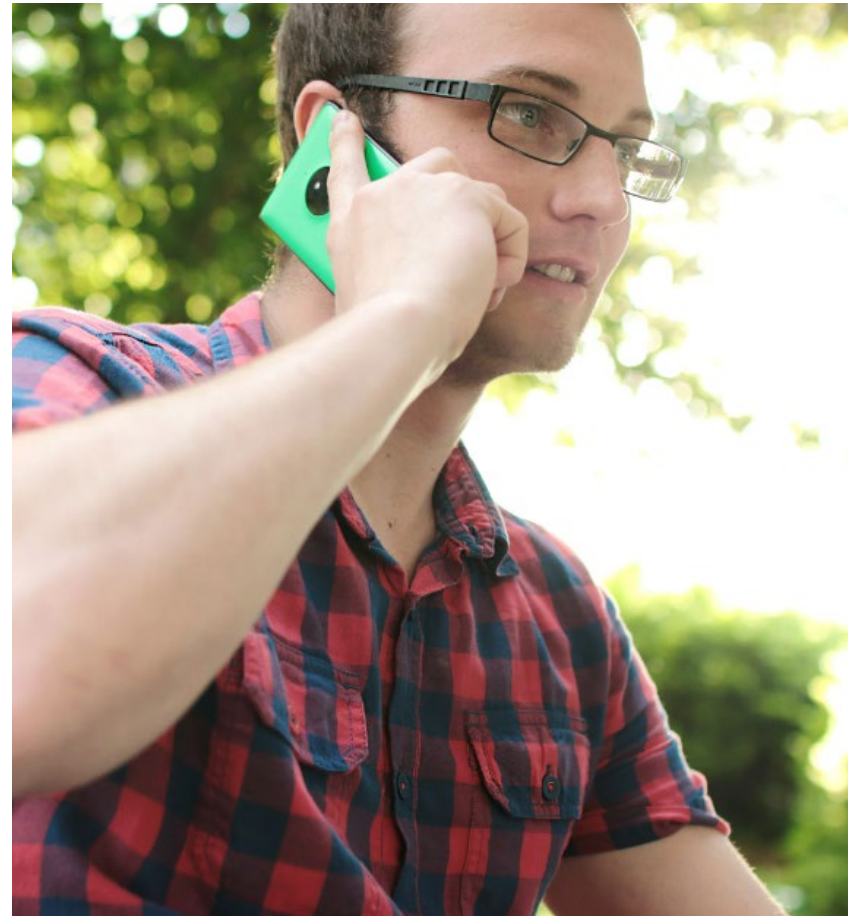
- Certified Diabetes Care and Education Specialist (CDCES)
- Registered/Certified Respiratory Therapist (RRT/CRT)
- Registered Nurse (RN)
- Exercise Physiologist (EP)
- Registered Dietitian (RD)
- Certified Tobacco Treatment Specialist (CTTS)





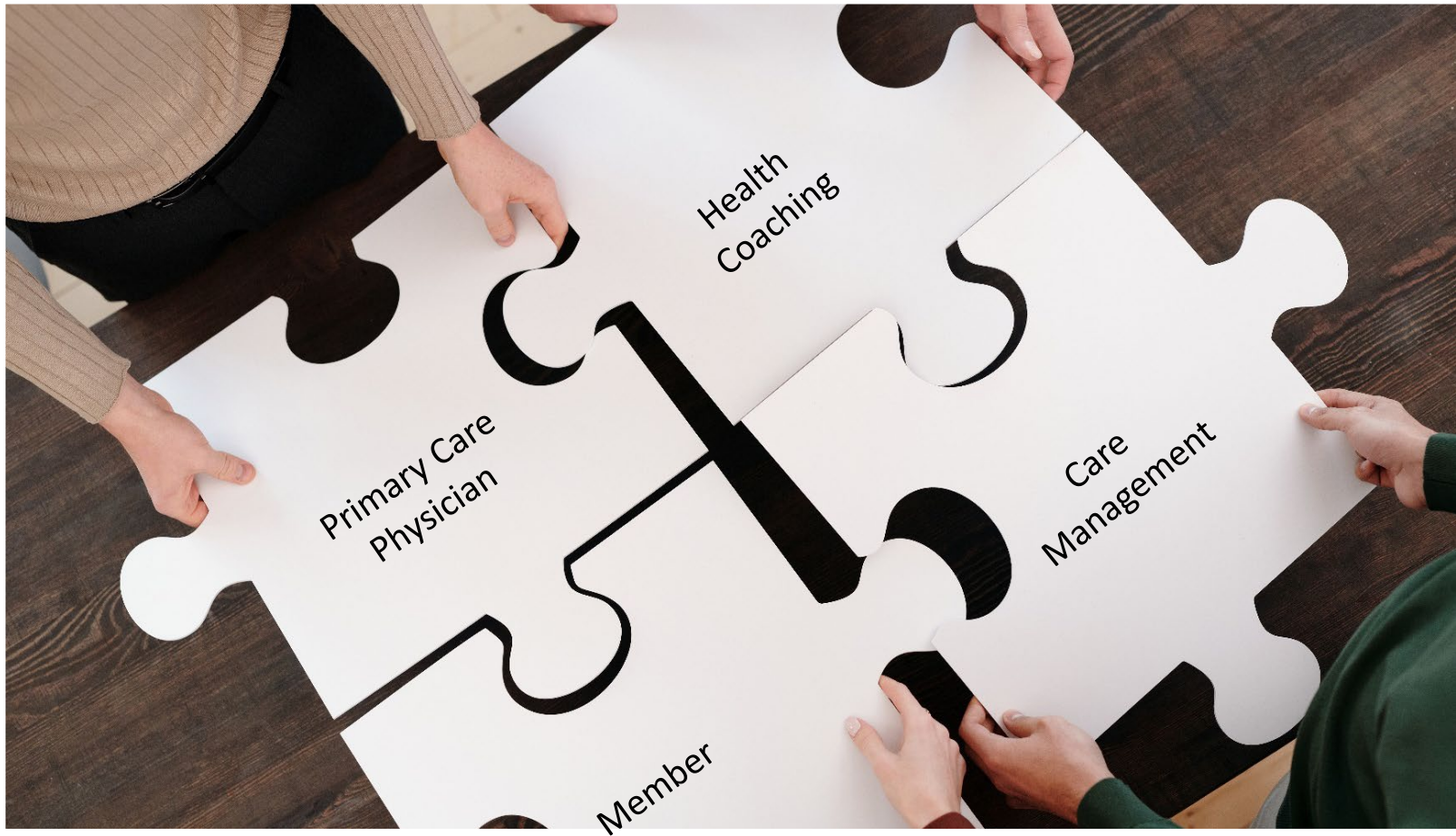
# Goals of Health Coaching

- Support, encourage, and empower people with specific health concerns/conditions to focus on their health, overcome health-related challenges with realistic goal-setting, and become active self-managers of their health.
- Provide whole-person, holistic care to members.





# Health Coaching: *A Partner in Success!*





# Health Coaching Program Highlights

## **Program highlights include:**

- Addressing life barriers that may prevent positive health behaviors.
- Improving compliance with health screening recommendations.
- Educating member about medication use, side effect management and adherence.
- Promoting healthy nutrition habits and regular physical activity.
- Providing Specialty Consults for co-morbid conditions as needed.
- Observing full compliance of HIPAA guidelines.



# Health Coaching: Desired Outcomes

Increased health screenings

Increased physical activity

Improved nutrition habits

Improvement of Body Mass Index (BMI)

Reduced unnecessary healthcare utilizations

Reduced total and Low-Density Lipoprotein (LDL) cholesterol

Reduced blood pressure

Reduction/elimination of tobacco use if applicable



# Our Strategic Foundation for Coaching



Recognize Strengths & Barriers



Empower, Educate, and Support





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# The Member Experience



# Person-Centered Health Coaching



Health Coaches guide the **member** to create and sustain **their own** positive behavior changes.



Each coach is trained in the best engagement techniques.



Health Coaches ensure that relevant information is shared with all members.



We adhere to the highest set standard of evidence-based information to provide the best care for our members.





# Health Coaching Process Flow



## Identification

Data generation, data mining and referrals.



## Conversation

Engagement call for eligibility and assignment.



## Assessment

Clinical risk, readiness to change, health literacy.



## Health Coaching

Outbound calls, unlimited inbound, care plans, integrated dashboard, individualized coaching.



## Self-Advocacy

Promote behavior change, support goal achievement



## Our Health Coaching Programs

	Adult Programs	Pediatric Programs
Respiratory	Asthma COPD	Asthma
Diabetes	Type 1 Type 2	Type 1 Type 2
Lifestyle Programs	Nutrition Weight Management Exercise Stress	Nutrition Weight Management
Cardiac	Hypertension Hyperlipidemia Coronary Artery Disease Heart Failure	
Behavioral Health	Anxiety Depression	





# Condition-Specific Health Coaching Programs

Respiratory, Cardiac, and  
Diabetes



# All Condition-Specific Coaching Program Objectives

- Provide medication education and improve medication compliance.
- Help member with symptom management to prevent exacerbations.
- Provide education materials to enhance understanding of the member's condition.
- Promote individualized goal-setting and management to minimize modifiable risk factors.
- Provide depression screening.
- Encourage/increase preventative care (flu and pneumonia vaccinations, preventative screenings, etc).
- Reduce numbers of members with self-reported Emergency Room visits and inpatient hospitalizations related to active program/condition.



# Respiratory Program Objectives

**Asthma** (adult and pediatric), **COPD** (adults aged  $\geq 35$  years)

## The Health Coach will...

- Promote adherence to treatment guidelines
- Provide medication education and improve medication compliance
- Help member develop strategies to prevent acute exacerbations and reduce healthcare utilizations
- Promote therapeutic regimen, self-management, and annual physician visits
- Help member optimize functional status
- Encourage proper use and maintenance of respiratory equipment
- Support member's efforts to improve exercise tolerance

## Clinical Practice Guidelines

### Asthma

- National Heart, Lung, and Blood Institute
- American Lung Association

### COPD

- Global Initiative for Chronic Obstructive Pulmonary Disease (GOLD)



# Cardiac Program Objectives

**Hyperlipidemia and Hypertension:**  $\geq 18$  yrs;

**Coronary Artery Disease and Heart Failure:**  $\geq 30$  yrs

## The Health Coach will...

- Promote adherence to cardiac guidelines.
- Help member develop strategies to prevent cardiac events.
- Help member optimize functional status.
- Provide medication education and improve medication compliance.
- Help member recognize signs & symptoms of a cardiac event.
- Teach member about blood pressure and cholesterol management.
- Promote heart-healthy nutrition habits and weight management.
- Encourage physical activity levels that meet recommended guidelines.
- Support tobacco cessation.

## Evidence-based Guidelines

- National Cholesterol Education Program
- American Heart Association
- American College of Cardiology



# Diabetes Program Objectives (adult and pediatric)

## The Health Coach will...

- Teach member self-management skills to monitor and optimize blood glucose, blood pressure and lipid control.
- Help member minimize the development/progression of diabetic complications.
- Share and teach member how to recognize signs of low and high blood glucose levels.
- formation about annual screening recommendations.
- Encourage healthy nutrition habits and self-care behaviors.
- Promote statin therapy for members with cardiovascular disease as a comorbidity.

## Evidence-based Guidelines

- National Cholesterol Education Program
- American Diabetes Association
- American Association of Clinical Endocrinologists







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# Lifestyle Management Coaching Programs

Stress, Nutrition, Exercise and Weight Management



# Lifestyle Management Coaching Programs: Eligibility

An individual is eligible for a lifestyle management coaching program if any of the following risk factors are met:

- Lack of physical activity ( < 90 minutes exercise/week)
- Poor nutrition (< 4 servings combined of fruit and vegetables/day)
- Perceived high stress levels

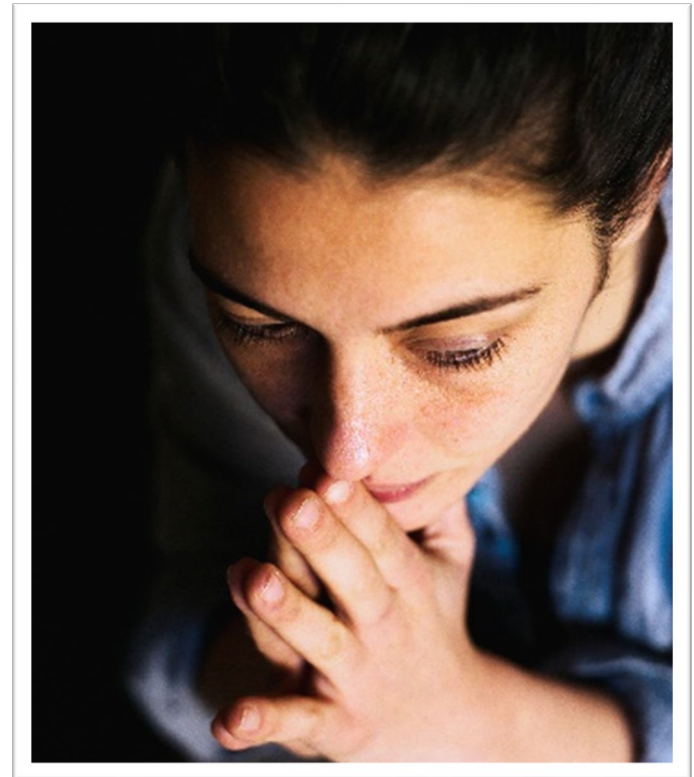
*Eligible members may be identified for enrollment from a variety of sources, including the DMPR (Disease Management Prioritization Report), health appraisal results, referrals from the Health Plan (i.e., Utilization Management, Case/Care Management, etc.), physician referral, or from a current or previous program participant.*



# Stress Management Program: Objectives

## The Health Coach will...

- Assess impact of current stress levels on physical and emotional health.
- Provide education on physical and emotional effects of stress.
- Help the member identify stress triggers and strategies to avoid or reduce them.
- Instruct on stress reduction/management techniques such as progressive relaxation, deep breathing, visualization, and meditation.
- Member to develop a personalized stress management plan.
- Promote regular physical activity for chronic stress reduction and improved physical fitness.
- Help the member develop a plan to overcome barriers.
- Support and encourage the member to adopt lifelong stress reduction/management techniques.





# Weight Management Program Objectives (Adult and Pediatric)

## The Health Coach will...

- Provide parent training/modeling.
- Promote nutrition guidelines for healthy eating.
- Provide exercise guidelines for weight management.
- Support and encourage consistent physical activity.
- Promote regular preventative care with provider.
- Provide nutrition and exercise-specific education materials.







## Nutrition Program Objectives

### The Health Coach will...

- Promote healthy eating habits.
- Help the member incorporate healthy eating practices.
- Provide guidance on healthy food preparation, dining out and managing food choices during special events.
- Provide encouragement and support to help member develop life-long healthy eating habits.



# Exercise Program Objectives

## The Health Coach will...

Assess current physical activity levels and any limitations or restrictions based on health history.

Provide education on the health benefits of regular physical activity for chronic disease risk reduction, improved energy levels, stress reduction and weight control.

Provide guidance on monitoring exercise intensity/perceived rate of exertion.

Guide member to overcome barriers to change.

Provide support and encouragement to help the member develop lifelong exercise habits.

Review proper safety practices.

Review hydration needs.

Provide guidelines on strength, endurance, and flexibility.

Review occupation workplace ergonomics.







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# Behavioral Health Coaching Program

## Anxiety and Depression



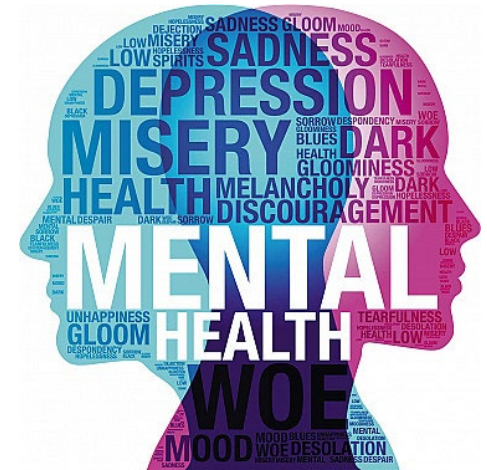
# Behavioral Health Program Objectives

## The Health Coach will...

- Assist the member to learn more about anxiety or depression such as the causes, symptoms, and treatment options.
- Help the member identify circumstances that contribute or increase their anxiety or depression.
- Provide cognitive-behavioral based interventions to improve symptoms.
- Assist the member to develop a mental health wellness plan.
- Assist the member to improve their wellbeing and habits (i.e., nutrition, sleep, exercise, etc.).
- Provide support and encouragement.

## Evidenced Based Guidelines:

- American Psychiatric Association
- National Association of Social Workers Practice Standards & Guidelines
- National Center for Complementary and Integrative Health
- National Institutes of Health (NIH)
- National Institute of Mental Health
- U.S. Department of Health and Human Services
- Substance Abuse and Mental Health Services Administration







# Exclusion Guidelines



# Exclusion Guidelines

Members with certain conditions and diagnoses may be excluded from Health Coaching intervention, including members with:

- Gestational diabetes
- High-risk pregnancy
- Hospice and/or no longer receiving curative care

**Note:**

- Members who are pregnant are excluded from the Weight Management program
- For the Behavioral Health program members may be excluded if they had an inpatient psychiatric admission in the last 12 months; have diagnosis of bipolar disorder, schizophrenia, dementia, severe anxiety, severe depression.







## Population Health Clinical Operations Health Coaching Contacts

**Abby Lack**

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Abby.Lack@Centene.com

**Michael Mason**

Lead Health Coach, Health Operations  
Michael.Mason@Centene.com

**Erica Anderson**

Director, Health Operations  
Erica.Anderson@Centene.com





Questions?



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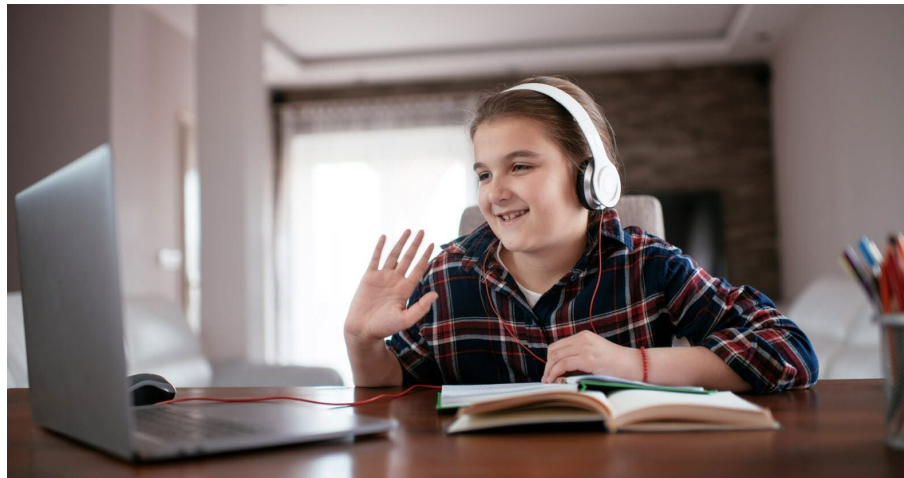
# Mental Health

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# Hazel Health

- Iowa Total Care is partnering with Hazel Health to provide access to school-based telehealth in multiple school districts across Iowa.
- No cost, virtual, physical and mental health care that helps students stay engaged in learning.
- Hazel Health helps schools and families connect students to an Iowa-licensed therapist.





# Metabolic Monitoring for Children and Adolescents on Antipsychotic Medication (APM)

Antipsychotic medication is prescribed by doctors to support the health and well-being of members. Be sure to tell each doctor about all the medications you take.

This medicine needs to be checked often because it may cause weight gain, high blood sugar, and high cholesterol.

**Routine labs** are needed annually while taking antipsychotic medication:

- Blood tests: To monitor the medication effects on blood sugar levels and cholesterol. (Including children & teens)
- Other tests: Such as weight check and blood pressure.

**Follow-up appointments** with the doctor should be kept to check how the medicine is working and to address any concerns.





# Attention Deficit/Hyperactivity Disorder (ADHD)

ADHD is one of most common mental disorders affecting children. It is important to attend your follow-up visits when starting a new medication for ADHD!

Recommendations for children who are starting new medications:

- First follow-up appointment with provider within 1 month after starting new med.
- Two more follow-up appointments within 9 months after starting new medication.

Adults – ask your provider about recommended follow-up visits for managing medications.

Follow-up visits are important because:

- Opportunity to check that medication is working.
- Help managing side effects.
- Provide support and advice on managing ADHD.





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# My Health Pays<sup>®</sup> Rewards

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# My Health Pays® Health Coaching Reward

- Iowa Total Care offers FREE health coaching for members.
- Telephonic outreach, education and support services.
- Learn how to manage your health condition and stay healthy.
- Call 1-833-234-9026 to enroll.

My Health Pays® Rewards for Health Coaching	
Initial intake assessment	\$10
Creation of care plan with measurable goals	\$30
Successful closure of care plan	\$50
<b>TOTAL POSSIBLE REWARDS</b>	<b>\$90</b>



# My Health Pays® Well Child Visit Reward

## \$20 Infant Well Care Visit

- Must complete all six visits with primary care provider (PCP) to earn one reward.
- 2, 4, 6, 9, 12 and 15-month infant well care visits.

## \$20 Early Child Well Care Visit

- Ages 15 - 30 months.
- Must complete two visits with PCP during this age range to earn one reward.

## \$20 Annual Child Well Care Visit

- Ages 3-20.
- Once per year.



# My Health Pays® Common Questions

## What do I do if I didn't get a My Health Pays card or lost my card?

- Please call ITC Member Services at 1-833-404-1061 (TTY: 711) for help.
- For missing rewards please call Member Services and let them know the date the reward was completed and what provider was seen for this visit.

## How can I find out the balance on my My Health Pays card?

- Log into your [secure member portal account](https://member.iowatotalcare.com). (member.iowatotalcare.com)
- Call the number listed on the back of the card: 1-866-809-1091.
- Call Member Services.

## When do My Health Pays Rewards expire?

- Funds expire 90 days after termination of coverage or 365 days after reward was earned, whichever comes first.

## Where can I use my My Health Pays rewards?

- Everyday items at Walmart, Sam's Club, and Hy-Vee locations.
- Hy-Vee Fast & Fresh gas stations.
- **Household utilities** such as gas, electric, water, sewer cable (must pay utility service provider directly).
- **Telecommunications** including cell phone or home phone bills.
- **Transportation** like rideshare services, taxis, or public transportation (bus or train passes must be purchased directly from transportation provider).
- **Education** expenses at elementary or high schools, college, and trade schools.
- **Childcare** expenses at childcare centers.
- **Housing and rent** through rental property company.



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# Health Equity and Social Determinants of Health (SDOH)

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# Health Equity and SDOH

## Current Initiatives

### Community Health Worker

Iowa Total Care has partnered with HealthTeamWorks.

- Funding Community Health Worker (CHW) Professional Skills training course.
- Developing CHW specialty courses focused on maternal health and behavioral health.

### Direct Support Professional

- Currently partner with Des Moines Area Community College (DMACC) to offer direct support professional (DSP) certificate courses – one focused on developmental disabilities and the other on behavioral health.
- Expanding to Iowa Central Community College.

### MobexHealth

- Kiosks equipped with resources and links tailored to the needs of the specific location.
- Iowa Total Care has partnered with Mobex and community partners to offer five kiosks throughout Iowa:
  - Central Iowa Shelter & Services (CISS) – Des Moines, Ottumwa, and Grinnell locations.
  - Atlantic Public Library
  - Siouxland Community Health Behavioral Health Clinic.



# Language Access Services (LAS) and How to Work with Interpreters Training: Key Points and Overview

Modalities-FREE	Language of Lesser Diffusion (LLD)	How To Request an Interpreter	Best Practices Working With an Interpreter	Complaints and Concerns
On-site (OSI)	Karen	Language vendor services	Be kind and respectful	Interpreter unprofessionalism
Phone (OPI)	Tigrinya	Online provider and member requests form	Listen and pause	Dropped calls
Video remote interpretation (VRI)	Kinyarwanda	Member services: 1-833-404-1061 (TTY: 711)	No jargon	Long wait times
Translation - all written materials	Chukkese		Speak at a normal tone	Language not available
American sign language (ASL)	Lingala		Speak in first person	To report a complaint: complete complaint form



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# Open Discussion

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# Agenda

- Welcome
- Iowa Medicaid Town Halls
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- Early Periodic Screening, Diagnosis and Treatment (EPSDT)
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- My Health Pays® Rewards
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- Open Discussion
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# Questions?

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# Meeting Details

- Upcoming Meeting Dates:

<b>June 4, 2025</b> <ul style="list-style-type: none"><li>Agenda To Be Determined</li></ul>	<b>September 3, 2025</b> <ul style="list-style-type: none"><li>Agenda To Be Determined</li></ul>
<b>December 3, 2025</b> <ul style="list-style-type: none"><li>Agenda To Be Determined</li></ul>	

- Meeting time: 6 – 7:30 p.m.



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# Resources

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# Resources

**Member Services and 24/7 Nurse Advice Line:** 1-833-404-1061 (TTY: 711)

**Transportation – Access2Care:** 1-877-271-4819

**Provider Services:** 1-833-404-1061

**Suicide and Crisis Lifeline:** 988

[Member Benefits Overview](http://iowatotalcare.com/members/medicaid/benefits-services/benefits-overview.html) (iowatotalcare.com/members/medicaid/benefits-services/benefits-overview.html)

[Iowa Medicaid](http://hhs.iowa.gov/programs/welcome-iowa-medicaid) (hhs.iowa.gov/programs/welcome-iowa-medicaid)

## Grievance & Appeals:

- [For Members](http://iowatotalcare.com/members/medicaid/resources/complaints-appeals.html) (iowatotalcare.com/members/medicaid/resources/complaints-appeals.html)
- [For Providers](http://iowatotalcare.com/providers/resources/grievance-process.html) (iowatotalcare.com/providers/resources/grievance-process.html)

## Dental:

- [Iowa Total Care Dental Webpage](http://iowatotalcare.com/members/medicaid/health-wellness/dental-care.html) (iowatotalcare.com/members/medicaid/health-wellness/dental-care.html)
- [Iowa HHS Dental Wellness Plan](http://hhs.iowa.gov/programs/welcome-iowa-medicaid/iowa-medicaid-programs/dental-wellness-plan) (hhs.iowa.gov/programs/welcome-iowa-medicaid/iowa-medicaid-programs/dental-wellness-plan)
  - [Delta Dental of Iowa](http://deltadentalia.com) (deltadentalia.com)  
Phone: 1-888-472-2793
  - [MCNA Dental](http://mcnaia.net/members) (mcnaia.net/members)  
Phone: 1-855-247-6262



		Infancy								Early Childhood					Mid. Childhood					Adolescence														
		New born	2-5 days	by 1 mo	2 mo	4 mo	6 mo	9 mo	12 mo	15 mo	18 mo	24 mo	30 mo	3 yr	4 yr	5 yr	6 yr	7 yr	8 yr	9 yr	10 yr	11 yr	12 yr	13 yr	14 yr	15 yr	16 yr	17 yr	18 yr	19 yr	20 yr	21 yr		
History Initial/Interval		●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●		
Physical Exam Well Visit		●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●		
Measurements	Length/Height and Weight	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●		
	Weight for Length	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●		
	Body Mass Index									●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●		
	Head Circumference	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
	Blood Pressure	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	
Sensory Screening	Vision	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	
	Hearing	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
Oral Health	Screening and Risk Assessment	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
	Fluoride Varnish Applications									●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
	Fluoride Supplementation						○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	
Developmental, Psychosocial, and Behavioral Health	Caregiver Depression Screening	○	○	●	●	●	●	●	●																									
	Developmental Surveillance	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
	Developmental Screening							●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
	Autism Screening									●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
	Behavioral/Social/Emotional Assessment	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
	Tobacco, Alcohol and Drug Use Assessment																					○	○	○	○	○	○	○	○	○	○	○	○	
	Depression and Suicide Risk Screening																					○	○	○	○	○	○	○	○	○	○	○	○	
Anxiety Screening																					○	○	○	○	○	○	○	○	○	○	○	○	○	
Anticipatory Guidance		●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
Nutrition/Obesity Prevention Assess/Educate		●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
Screening/Procedures	Newborn - Blood Screening	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
	Newborn Bilirubin Screening	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
	Newborn Critical Congenital Heart disease	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
	Immunization	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
	Hemoglobin/Anemia					○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	
	Lead Testing						○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	
	Lipid Screening														○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	
	STI Screening																					○	○	○	○	○	○	○	○	○	○	○	○	
	HPV Screening																					○	○	○	○	○	○	○	○	○	○	○	○	
	Hepatitis B Virus Infection	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Hepatitis C Virus Infection																																	
	Sudden Cardiac Arrest/Death																					○	○	○	○	○	○	○	○	○	○	○	○	○
	Tuberculosis				○	○	○	○	○	○			○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Cervical Dysplasia Screening																						○	○	○	○	○	○	○	○	○	○	○	○

(Rev. 6/24)

KEY: ● To be performed ○ Assess risk ←→ Screen at least once during time period indicated

1. Recommendations for Preventive Pediatric Health Care Bright Futures/American Academy of Pediatrics. Available at: [https://download.aap.org/AAP/PDF/periodicity\\_schedule.pdf](https://download.aap.org/AAP/PDF/periodicity_schedule.pdf).  
2. Viswanathan H, Walker L, Middleton J, et al. Screening for Depression, Anxiety, and Suicide Risk in Children and Adolescents: An Evidence Review for the U.S. Preventive Services Task Force (Informed, Rockville, MD): Agency for Healthcare Research and Quality (US); 2022 Oct. (Evidence Synthesis, No. 27). Available from: <https://www.ncbi.nlm.nih.gov/books/BOOK58590/>.

## When should children receive EPDST/well child visit?

**Babies** grow fast and need a lot of EPDST exams! They need exams at

- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months

**Toddlers** need exams at

- 15 months
- 18 months
- 24 months
- 30 months

After 30 months, children need an EPDST/well child visit yearly starting at age 3 up to age 21.

To learn more about the periodicity schedule, please visit the [Iowa EPDST webpage](https://iowaepsdt.org/iowa-epsdt/periodicity-schedule/).  
([iowaepsdt.org/iowa-epsdt/periodicity-schedule/](https://iowaepsdt.org/iowa-epsdt/periodicity-schedule/))