

Medicaid for Children in North Dakota, Understanding EPSDT

*Jodi Hulm, Administrator
Health Tracks/EPSDT*



What is Medicaid?

Title XIX of the Social Security Act is a program which provides medical assistance for certain individuals and families with low incomes and resources.





What is Medicaid?

The program, known as Medicaid, became law in 1965 as a jointly funded cooperative venture between the Federal and State governments to assist States in the provision of adequate medical care to eligible needy persons.

What is Medicaid?

- Physician Care
- Hospital Care
- Skilled Nursing Care
- Family Planning
- Durable Medical Equipment
- EPSDT Services, including dental and vision
- Lab and X-ray
- Transportation
- Pharmacy



Medicaid

Within broad national guidelines,
which the Federal government
provides...



Each State:

1. Establishes its own eligibility standards;
2. Determines the type, amount, duration, and scope of services;
3. Sets the rate of payment for services; and
4. Administers its own program.



Medicaid

Thus, the Medicaid program
varies considerably from State to
State, as well as within each
State over time.

**However, Children
are Different!
(Because of EPSDT)**



What is EPSDT?

Early and Periodic Screening, Diagnosis & Treatment

The federally mandated health care benefit package, administered in partnership with each state, for essentially ALL Medicaid enrolled children, ages birth through 20 years.



Is EPSDT Different From Medicaid?

Through EPSDT, each state's Medicaid plan must **provide to any EPSDT recipient any medically necessary health care service, even if the service is not available under the State's plan to the rest of the Medicaid population.**

Medically Necessary

A covered service or item can be defined as “medically necessary” if it will do, or is reasonably expected to do, one or more of the following:

- a. Arrive at a correct medical diagnosis;
- b. Prevent the onset of an illness, condition or injury or disability in the individual or in covered relatives, as appropriate;



Medically Necessary cont.

- c. Reduce, correct, or ameliorate the physical, mental, developmental, or behavioral effects of an illness, condition, injury or disability;
- d. Assist the individual to achieve or maintain sufficient functional capacity to perform age appropriate or developmentally appropriate daily activities.



EPSDT

Coverage does not include:

- Experimental treatments
- Services or items not generally accepted as effective
- Services for the caregiver's convenience

The EPSDT Benefit consists of:

**Assuring availability and
accessibility of required health
care services and items (within
limitations).**



Why is EPSDT so Important?



- **More than HALF of all Medicaid enrollees across the country are children.**
- **EPSDT is designed to enhance primary care of children with emphasis on prevention, early diagnosis and timely treatment.**

The EPSDT Benefit consists of:

**Helping Medicaid clients and their parents
or guardians effectively use these
resources (through EPSDT Regional
Coordinators).**



Health Tracks Regional Coordinators / County Workers **FREE Resources for Families**

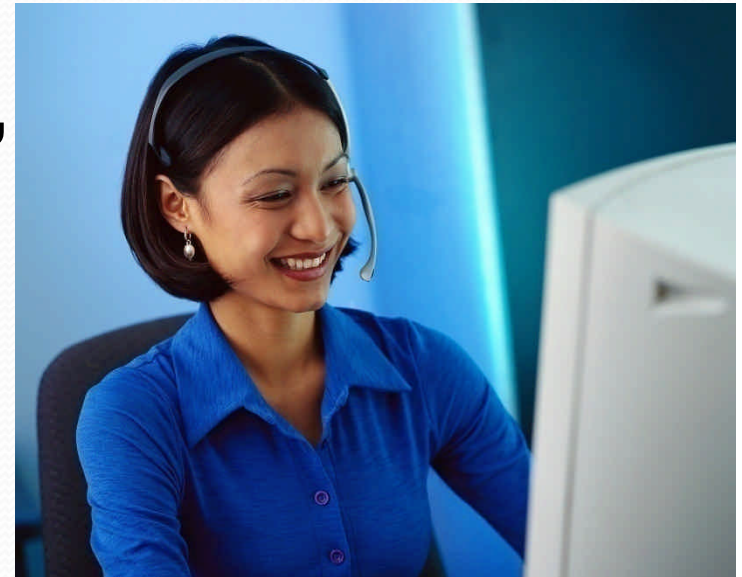
**Notify every enrolled family of
their eligibility to EPSDT
benefits and outreach
coordination support services.**



Health Tracks Regional Coordinators

FREE Resources for Families

**Guide families to appropriately
use their Medicaid benefits
with emphasis on education,
prevention, diagnosis and
timely treatment.**



Health Tracks Regional Coordinators

FREE Resources for Families

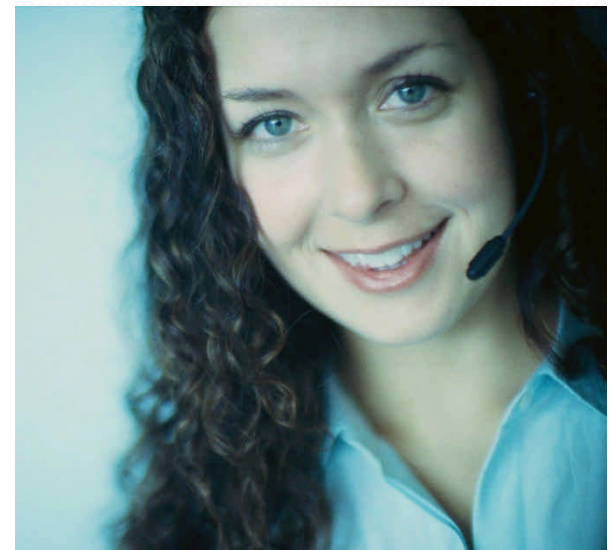


Share extensive
knowledge of Medicaid
benefits and services with
families and providers.

Health Tracks Regional Coordinators

FREE Resources for Families

Assist families with Medicaid-enrolled children and youth to contact provider offices to schedule appointments.



Health Tracks Regional Coordinators **also.....**

Assist providers & families in
reducing the incidence of
multiple appointments
missed by Medicaid
enrolled children and youth.



Health Tracks Regional Coordinator **also.....**

Identify and refer families to other community resources such as Early Intervention Services; the Women, Infants and Children food program (WIC); and Head Start.



Who is Eligible for Medicaid?

- Infants born to Medicaid-enrolled women, until the child's first birthday, as long as the child remains with the mother.
- Pregnant teenagers and women ***if*** family income is below 133% Federal Poverty Level.



Who is Eligible for Medicaid?

- Children from birth through age 5 *if* family income is below 133% Federal Poverty Level.
- Children ages 6 through 18 *if* family income is up to 100% Federal Poverty Level.



Who is Eligible for Medicaid?

- Children who would have been eligible for the now discontinued AFDC cash grant program, **OR** lost eligibility in that group due to increased wages or child support, *if* family income is up to the state-established income level.



Who is Eligible for Medicaid?

- Children who are in foster care, subsidized adoption under the Title IV-E **OR** receive Supplemental Security Income (SSI).



Who is Eligible for EPSDT?

Any child who is Medicaid-enrolled is eligible for EPSDT benefits up until their 21st birthday, as long as they have Medicaid eligibility.

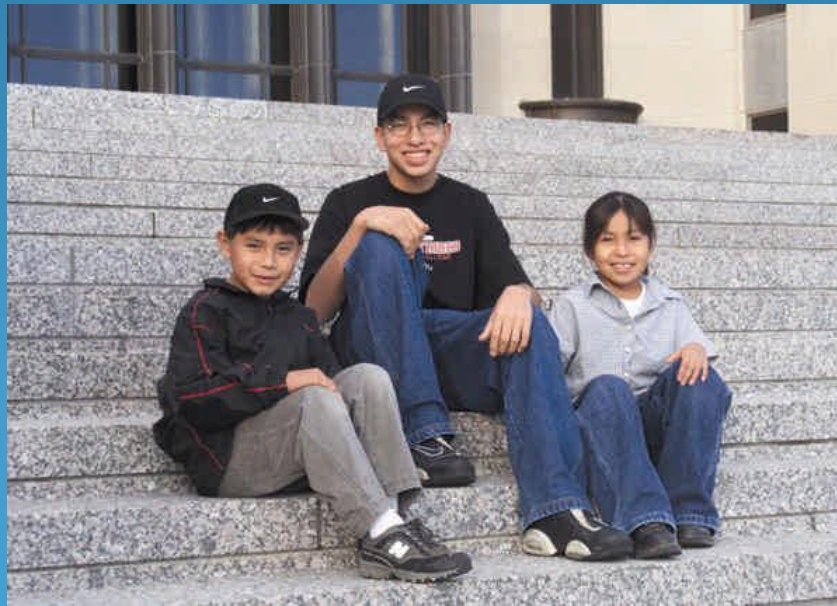




Who is Eligible for EPSDT?

- Please see handout on income eligibility.

Frequently Asked Questions



Frequently Asked Questions

Is EPSDT the form for a comprehensive well-child check-up (for children on Medicaid)?





No!

*It is **all** the benefits
we've just talked about.*

Frequently Asked Questions

**Isn't EPSDT only for kids
with severe disabilities?**





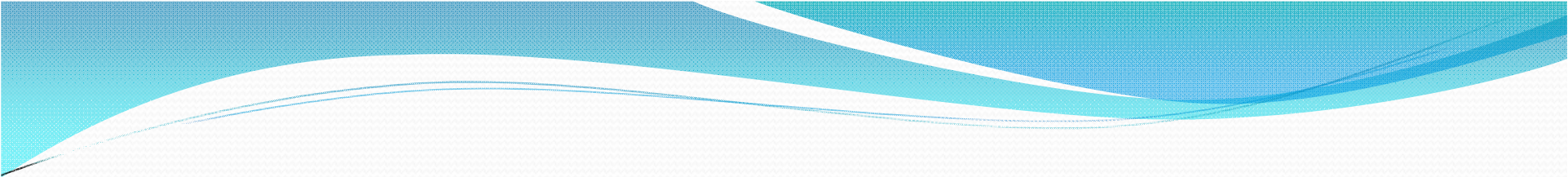
No!

*The goal of EPSDT is early detection,
prevention, and treatment of
problems for ALL children and youth
enrolled in Medicaid.*



Frequently Asked Questions

Why not just call it Medicaid,
instead of Health Tracks
(EPSDT)?



*EPSDT implies the importance of **Early and Periodic Screening, Diagnosis and Treatment** in children.*

*There are benefits in EPSDT that are not provided for in regular Medicaid. **The most obvious is the Health Tracks (periodic) screen.***



Frequently Asked Questions

**What is a Health Tracks
screen?**



Periodic Screen

The Health Tracks (periodic) screen is a comprehensive check-up. It is not necessarily a well-child checkup, because the doctor can do a comprehensive checkup sometimes when a child is ill. However, a comprehensive checkup is usually done at the time a well-child checkup is scheduled.



Periodic Screen

In order for a comprehensive checkup to be counted as an Health Tracks(periodic) screening, the checkup must include all of the components outlined for in Health Tracks screening (i.e. mental health, hearing, dental, developmental, laboratory screenings). If only some components are included, it should be considered an inter-periodic screen.

Frequently Asked Questions

When might a letter of
medical necessity be
required?





Letter of Medical Necessity

To justify extraordinary and expensive services, particularly those that require preauthorization.

Services may not be for the convenience of the caregiver.



An Example of Medical Necessity

When it is a service not covered by regular Medicaid or it is a service that is going beyond service limits.

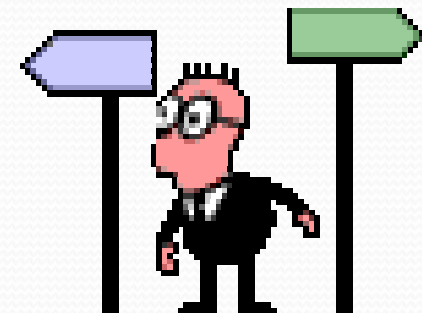
Prior Authorization:

Any prior authorization form shall include the following information:

- *A description of the child's condition;*
- *A description of the proposed treatment plan;*
- *The effective date and estimated length of time treatment will be needed;*
- *The name and identification numbers of the child, ordering physician, PCP and the rendering provider; And*
- *The evaluation, diagnosis, prognosis, or any other clinical information necessary to establish medical necessity for the child*

Frequently Asked Questions

How do children (and others)
in North Dakota who don't
have health insurance get
health care?



*1-877-KIDS NOW
(1-877-5437-669) or
Local County Social Service*



Frequently Asked Questions

How do I contact an Health
Tracks Regional
Coordinator?





Who to Contact

A Health Tracks Regional Coordinator

*Benson, Cavalier, Eddy, Foster, Pierce
Ramsey, Rolette, Towner and Wells
Counties...*

Donna Brossart

701-351-4895

Continued



Who to Contact

A Health Tracks Regional Coordinator

*Adams, Billings, Bowman, Dunn, Golden
Valley, Grant, Hettinger, Mercer, Morton,
Oliver, Sioux, and Stark Counties...*

Lynette Canode

701-290-0486

Continued



Who to Contact

A Health Tracks Regional Coordinator

*Cass, Ransom, Richland, and Sargent
Counties...*

Debra Olson

701-241-1395

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Who to Contact

A Health Tracks Regional Coordinator

*Grand Forks, Griggs, Nelson, Pembina,
Steele, Traill, and Walsh Counties...*

Lauri Santangelo

701-787-8129

Continued



Who to Contact

A Health Tracks Regional Coordinator

*Barnes, Burleigh, Dickey, Emmons, Kidder,
LaMoure, Logan, McIntosh, and Stutsman
Counties...*

Jennifer Schumacher

701-320-0393

Continued



Who to Contact

A Health Tracks Regional Coordinator

*Bottineau, Burke, Divide, McHenry,
McKenzie, McLean, Mountrail, Renville,
Sheridan, Ward and Williams Counties...*

Cindy Bexell

701-852-1376



Health Tracks Screenings: The Foundation

Health Tracks requires Medicaid agencies to assess a child's health needs through initial and periodic examinations, and to assure that any health problems found are diagnosed and treated early, before they become more complex and their treatment more costly.

Health Tracks Screenings

Medicaid enrolled children receive both comprehensive well-child exams (periodic screenings) **AND** any necessary visits in between (inter-periodic visits).



Health Tracks Screenings – The First Step

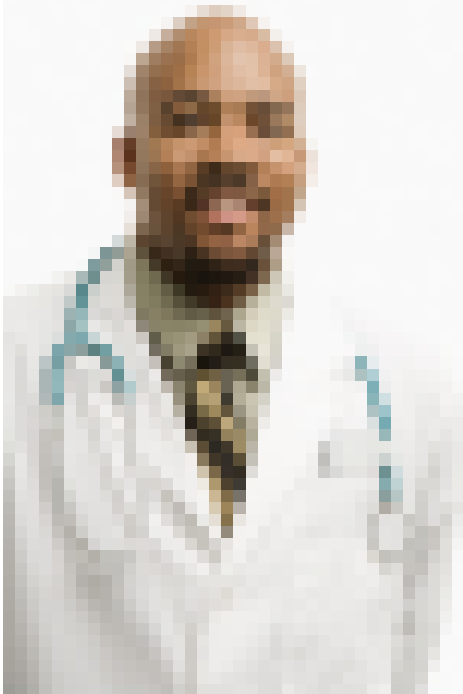
Health Tracks screenings are often call comprehensive “**Well Child Check-Ups**”.

They are completed by the PCP (Primary Care Provider) or Local Public Health Unit.



Health Tracks Screenings – The First Step

Screenings should be
provided at intervals
established by state
medical consultants.



North Dakota's Periodic Screening Schedule:

- 2 to 4 days after birth, if the newborn leaves the hospital less than 48 hours after delivery.
- By 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- Once every year for ages 2 to 20

*Child be seen by a dentist starting at 3 years or if a problem exists.



To be billed as a comprehensive screen,
the following must be included:

- Health history
- Unclothed “head to toe” physical examination
- Identification of all medical conditions and needs
- Immunizations according to the ACIP schedule
- Age appropriate laboratory tests
- Health education including anticipatory guidance

Continued...



To be billed as a comprehensive screen,
the following must be included:

- Developmental Assessment
- Nutritional Assessment
- Mental/ Behavioral Health Screening
- Vision Screening
- Hearing Screening
- Oral inspection; send child to a dentist twice per year, starting no later than age three
- Treatment and referrals for any necessary services



With Particular Emphasis On:

Appropriate **immunizations** in accordance with the ACIP schedule;

Laboratory test for lead toxicity at one AND two years old, OR any time up to age 6, if not previously tested;

Mental/behavioral health screening and coordination;

Vision Services – including corrective lens;

Hearing Services – including hearing aids;

Dental Services – bi-annual exam by a dentist, including restoration of teeth and maintenance of dental health;

Health Education – including anticipatory guidance.

Screening Results

If the screening is normal, the PCP or Public Health Unit should:

- Assist the family in scheduling the next Health Tracks screening
- Ensure that bi-annual dental exams occur (at age 3 years)



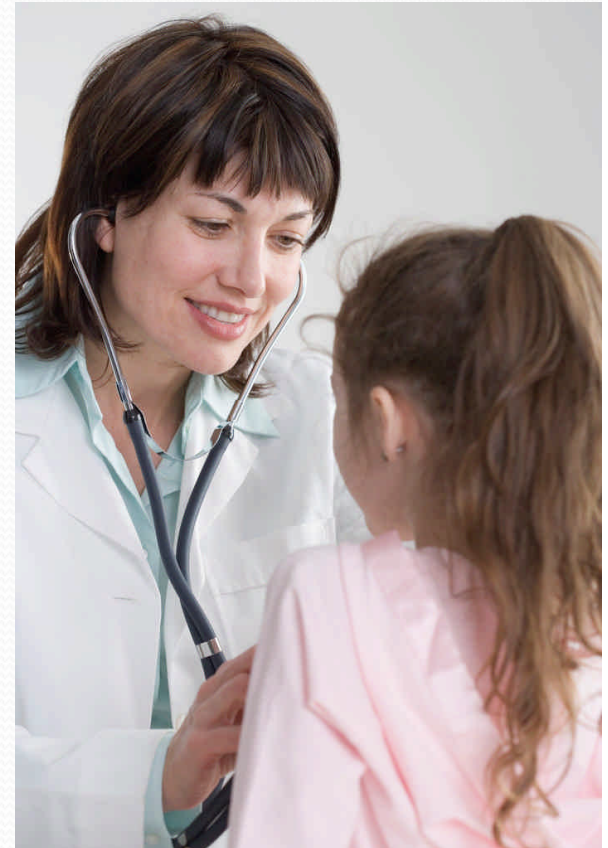
If the screening is abnormal:

- Develop a treatment plan
- Provide treatment, if appropriate
- Refer to a provider for further evaluation or treatment, if necessary
- Assist the family in scheduling the next Health Tracks screening
- Ensure that bi-annual dental exams occur (at age 3 years)

Inter-periodic Visits

Any care that occurs outside the periodic screening schedule.

(Includes partial screenings.)



Please Note:

- *Non-citizens with appropriate documentation under any of the above categories may be eligible for Medicaid, but only for a limited period of time. These children are entitled to Health Tracks.*
- *Undocumented Non-citizens under any of the above categories can be eligible for Medicaid, but receive only emergency care, which include labor and delivery for pregnant women.*

Healthy Steps

The Children's Health Insurance Program





Healthy Steps

Healthy Steps is health insurance coverage for low-income children (18 years of age and under and whose families earn less than 160% Federal Poverty Level).

Healthy Steps provides medical benefits including inpatient and outpatient hospital, physician, prescription drugs, dental and mental health care, of which some have a set benefit (dental benefit is \$1,000 per person, per year).

Please Note:

ALWAYS refer people to submit an application **even if they appear to be** above the financial limits. If not eligible for Medicaid, the child **may be** eligible for Healthy Steps.





Contact:

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