ALOHACARE

EPSDT INFORMATION
You can help **PREVENT** your child from many illnesses or conditions by following these 2 important checks:

- **Take your child to his/her primary care provider (PCP) for routine WELL-CHILD VISITS (EPSDT Program)**

  Well child visits are very important for tracking your child’s health and development. Some illnesses have no noticeable signs/symptoms. Keep your kids safe with Well-Child Visits before it’s too late!

- **Call the SHOTS**

  Vaccinations protect your child from life-threatening diseases. Make sure your child is up-to-date with his/her vaccinations based on his/her age. You should keep a record of your child’s shots.
This table will help remind you when your child is due for a Well-Child (EPSDT) visit and routine shots.

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<thead>
<tr>
<th>Child’s Age</th>
<th>Have an EPSDT</th>
<th>Get Routine</th>
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<td>20+ years</td>
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If you can’t remember the last time your child had a doctor’s appointment, make sure you schedule an appointment as soon as possible. This is the perfect time to get your child updated.

If you have any questions about your child’s shots please talk to your child’s doctor. For more detail about vaccinations, check the vaccination tables posted on AlohaCare’s website.
Services at Well-Child Visits

Early and Periodic Screening, Diagnosis and Treatment (EPSDT) is a program of check-ups and health care services for children to detect health problems early and treat them right away.

The EPSDT program covers all QUEST Integration (QI) members under 21 years old. At these well-child visits, you should expect:

- Follow-up care for problems found during the exam
- Height, weight, and blood pressure
- Eye exams and eye glasses
- Screening for behavioral health
- Regular check-ups (mental and assessment)
- Education and guidance regarding child’s health care and development
- Medicines
- Hearing tests and hearing aids
- Immunizations (shots to prevent diseases)
- Referrals to specialists if needed
- Counseling treatment for drug and alcohol use
- Lab tests

REMEMBER: EPSDT exams are free for your children under 21.
After the age of six, EPSDT Well-Child visits should be done every two years. The exam, which is required by the state of Hawaii for kids who play school sports, determines whether it’s safe for your son or daughter to participate in a particular sport.

Vaccines can also protect your older children from diseases linked to shared apartments and college dorm life.
Getting in Touch with Your Child’s PCP

An important feature of your AlohaCare health plan is having a **personal primary care provider (PCP)**. Your child’s PCP is the person who should know your child’s health needs best.

If it is not an emergency and you need to see a doctor, always call the PCP on your AlohaCare Member ID card. Your PCP will set a time to see you, or refer you to a specialist within the AlohaCare provider network.

**Routine Appointments**
- for a check-up or an **EPSDT well-child visit** (from birth through age 20). Your PCP will arrange a time to see you within three weeks.

**Sick adults**
- who have a cough or the flu. The PCP will see you within three days.

**Sick children**
- The PCP will see the child within 24 hours.

**Urgent care**
- for a high fever or a bad earache. The PCP will see you within 24 hours.

If you have a true **emergency** (a life threatening problem or severe injury), go to the nearest emergency room. Once you’re stable, contact your PCP. He/she will coordinate your care and make sure you get the proper follow-up.

If you don’t know who your child’s PCP is, call AlohaCare Member Services at 973-0712 (Oahu) or 1-877-973-0712 (Neighbor Islands/Oahu toll-free).
If you’re an AlohaCare QUEST Integration member, EPSDT Well-Child Visits are **FREE!**

**Call us for more information about:**
- Your child’s QUEST Integration Keiki benefits.
- Finding a PCP for your child to get these checkups.
- Other services not covered by this plan. Call and ask to speak with our EPSDT Nurse. We can send you to other resources in the community.

**Language Help is Available**

We can help if you do not speak or understand English, or if you have trouble hearing or seeing. You may ask for the information in another language or in another way by calling us. This translation service is free.
ALOHACARE

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