



Humana

Healthy Horizons™
in Kentucky

Children need more checkups than adults

Preventive well-care visits for children, teens and young adults are part of Kentucky's Early and Periodic Screening, Diagnostic and Treatment (EPSDT) program at Humana.

EPSDT provides complete health exams and screenings that can find a health issue early when it's easier to treat. These exams and screenings include preventive care checkups for Kentucky Medicaid enrollees from birth until the last day of the month they turn 21.

Remember, **EPSDT stands for:**

E = EARLY to make sure your child/youth is healthy and gets the care they need

P = PERIODIC to set up regular visits at recommended ages

S = SCREENING to check for a health problem

D = DIAGNOSTIC performing tests to follow up when a risk has been identified

T = TREATMENT to control, correct or reduce health problems found

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KYHLDWPEN 0921



Keep your child's care on time with help from Humana

Early and Periodic Screening, Diagnostic and Treatment (EPSDT)

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No-cost EPSDT preventive checkups are here to help

Your child's primary care provider (PCP) will partner with you to make sure you have access to care that fits your child's health needs. This includes:

- Complete health and developmental history
- Unclothed physical exam
- Laboratory tests (including lead screening)
- Immunizations (shots)
- Screenings (including mental health, depression, substance use, developmental, hearing, vision, lead, other)
- Dental screenings and referrals to dental providers
- Nutrition
- Health education and guidance
- Referrals for further diagnosis (testing) and treatment when needed

EPSDT Special Services cover any medically necessary care for health issues found during an EPSDT preventive well-care visit.



Remember, your cost for the exam is \$0.

Staying on schedule with exams helps maintain your child's best health

What is covered?

Visits to the doctor and any shots needed at that time.

Who is covered?

Kentucky Medicaid enrollees from birth through the month of their 21st birthday.

KCHIP members from birth through age 18 years old.

When are we supposed to have the exam?

EPSDT exams and screenings begin at birth and continue until age 21 for active Humana members.

You can see the age schedule below.

Understanding when to have your child's well-care visit

- Birth
- 3–5 days old
- 1 month old
- 2 months old
- 4 months old
- 6 months old
- 9 months old
- 12 months old
- 15 months old
- 18 months old
- 24 months old
- 30 months old
- Each year from age 3 up to 21



Members who register with Go365 for Humana Healthy Horizons™

can earn gift card rewards for well-child visits.

Tips for keeping your family healthy

- Make and keep regular appointments
- Keep a record of your child's shots and medications
- Make a list of questions to ask the doctor
- Ask your doctor to talk to you about anything you may not fully understand

The first preventive well-care visit will happen in the hospital after your baby is born. Make sure to ask for an EPSDT exam when calling your doctor. Use the chart to know when to make appointments.

As part of the EPSDT program, members from birth to age 21 can get care management services. This is for those who have special healthcare needs or who ask for help.

Your provider working with you and your child—that's the team!



Questions? Call us!

800-444-9137 (TTY: 711)

We can help you get care, find a doctor or help you get a ride to your appointment.

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