

**THSteps medical checkups have six primary components:**

1. Comprehensive health and developmental history, including physical and mental health development
2. Comprehensive physical examination
3. Immunizations appropriate for age and health history
4. Laboratory tests appropriate for age and risk, including lead toxicity at specific federally mandated ages
5. Health education, including anticipatory guidance
6. Dental documentation and referral

For CME accredited trainings on these components, visit [TXhealthsteps.com](https://www.txhealthsteps.com).



Want more information about these benefits and billing? Visit [TMHP.com](https://www.tmhpc.com) > providers > Medicaid Provider Manual.

You can also check for updated checkup components by visiting [DSHS.Texas.gov](https://www.dshs.texas.gov) > Texas Health Steps > Provider Information (MEDICAL) > Periodicity Schedule. This schedule can be downloaded both in a large and a pocket-sized color version.



## Texas Health Steps (THSteps) Completing and Documenting THSteps Medical Checkups





**When it comes to annual wellness visits for children and young adults in Texas Medicaid, the THSteps Periodicity Schedule offers early and periodic screenings, diagnosis and treatment (EPSDT) guidelines.**

### **These wellness actions are outlined by age.**


#### **A few examples include:**

- 6 months of age is the time for dental referrals
- 9 year olds need an acuity vision screening
- 12 year olds should have a mental health screening tool
- 19 year olds need lab tests for Dyslipidemia

### **Quick and simple documentation**

The Texas Department of State Health Services makes it easy for you to document these important preventive screenings, thanks to Child Health Record forms for every age.

These forms can be downloaded and printed or completed online as part of your electronic health records. Each activity for every age on the THSteps Periodicity Schedule is included and ready to be filled in.

 You'll find the forms at [UHCCommunityPlan.com](https://www.uhccommunityplan.com) > For Health Care Professionals > Texas > Provider Forms > General Provider Forms > Texas Health Steps Medical Checkup Child Health Records by Age: Helping Make Component Documentation Easier.

### **Help is available**

Need help with documenting Texas Health Steps checkups? Contact your Texas Health Steps regional provider relations representative. You can see the contact list at [DSHS.Texas.gov](https://www.dshs.texas.gov) > Texas Health Steps > CONTACT Provider Relation Regional Staff.

To help you get ready on your medical record audits, you can do an internal document audit using the Clinical Record Review Tool. Just go to [DSHS.Texas.gov](https://www.dshs.texas.gov) > Texas Health Steps > Provider Information (MEDICAL) > Texas Health Steps Clinical Record Review Tool with Instructions.

For more information about serving our STAR and STAR Kids members, check out UHC on Air, our online anytime training resource. Visit [Link](https://www.unitedhealthcareonline.com) at [UnitedHealthcareOnline.com](https://www.unitedhealthcareonline.com) and select the UHC on Air application.