

# HCY Exams / Screenings



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## What is the HCY Program?

Early Periodic Screening, Diagnosis, and Treatment (EPSDT), also known as the Healthy Children and Youth (HCY) Program in Missouri, is a comprehensive, primary, and preventive health care program for MO HealthNet-eligible children and youth under the age of 21 years. MO HealthNet covers any physical or mental illness identified by the HCY screening regardless of whether the services are covered under the state MO HealthNet plan.

## What are HCY screenings?

A full HCY screening is a comprehensive medical evaluation that must include all of the following components:

- Interval History
- Unclothed Physical Examination
- Anticipatory Guidance
- Lab/Immunizations
- Lead Assessment
- Development – Personal, Social & Language
- Fine Motor / Gross Motor Skills
- Hearing
- Vision
- Dental

## Who needs an HCY screening and when?

Every child/youth in foster care must have a full HCY screening within 30 days of entering foster care. When scheduling this appointment, please let the provider know the child is in foster care and needs to have a full HCY screening within 30 days of entry into foster care. Children/youth should have HCY screenings in accordance to the following periodicity schedule – or the minimum requirements for frequency:

Newborn (2-3 days)	12-14 months	4 years	12-13 years
By 1 month	15-17 months	5 years	14-15 years
2-3 months	18-23 months	6-7 years	16-17 years
4-5 months	24 months	8-9 years	18-19 years
6-8 months	3 years	10-11 years	20 years
9-11 months			

## Why do children under age 10 need a full HCY exam every 6 months?

Children entering foster care, particularly those under age 10, tend to have more chronic and complex illnesses than children not in foster care. Children in foster care often have experienced abuse/neglect or other types of trauma. They are also more likely than their peers not in foster care to change residences and caretakers, so their medical care can be fragmented and inconsistent. To make sure children under the age of ten (10) receive regular and frequent medical screenings, Section 210.110 of the Revised Statutes of Missouri (written law) requires they have a full HCY screening every six (6) months.

## Is documentation of the HCY screening needed?

Yes. Children's Division policy and accreditation standards require documentation of HCY exams be maintained in the child's case record. The medical provider may either 1) complete the age-appropriate HCY Screening Guide form available to them on the MO HealthNet Division's website; or 2) use their own form as long as it contains all the elements of a full HCY exam. Either way, please leave with a copy of the completed exam form or computer printout and give to the child's case manager to be placed in the case record.

# FAQs

**Q:** Does the child still need a 30-day HCY exam if he/she already had one within the age-appropriate periodicity schedule before coming into foster care?

**A:** Yes. The 30-day HCY exam is required no matter when the child last received an HCY exam.

**Q:** The child was taken to the required 24-hour initial health examination upon entering foster. At this exam, the provider was able to complete a full HCY screening as well. Does the child need to return for the required “30-day HCY exam?”

**A:** No. If the required elements of a full HCY screening are met during the 24-hour initial health examination, both examination requirements have been satisfied and there is no requirement for a secondary screening within 30 days of foster care entry. Documentation of the HCY screening is required for the case record.

**Q:** Does a child under age 10 still need to have a six-month HCY exam if the medical provider does not think it is medically necessary as the child had just been seen six months earlier and within their periodicity schedule?

**A:** Yes. Children under age 10 are required by law to have full HCY exams every six months. The periodicity schedule represents the minimum requirements for frequency of full medical screenings. Children may be screened at any time the medical provider feels it is medically necessary. Since it is required by law that children in foster care receive the 30-day HCY screening and a full HCY screening every six months for children under age 10, then such exams are considered medically necessary.

**Q:** Will Medicaid cover the costs of the 30-day HCY exam and the more frequent HCY exams for children under age 10?

**A:** Yes. Medicaid will cover these exams that exceed the child’s age-appropriate periodicity schedule. The periodicity schedule only represents the minimum requirements for frequency of full medical screenings. Children in foster care have different medical screening requirements, mandated by state law. Therefore, these additional screenings are “medically necessary” and will be covered by the child’s Medicaid/Managed Care plan.

**Q:** Children’s Division must have documentation of the HCY exam in the case file. To meet this requirement, does the provider need to complete the age-appropriate MO HealthNet Division’s *Healthy Children and Youth Screening Guide* form?

**A:** No. Many Children’s Division case managers may provide you with the child’s age-appropriate *Healthy Children and Youth Screening Guide* form, or you can print it from the MO HealthNet Division’s website, to take to the HCY screening appointment for the provider to complete. The provider may have these forms in the office as well. If the provider is agreeable, they can complete this form in its entirety and you can give it to the case manager. However, many providers use a different form to collect the exam information which they then input into their electronic system. If the form the provider uses, or the printout from the electronic system, captures all the required elements of an HCY screening as outlined on the age-appropriate *Healthy Children and Youth Screening Guide* form, this documentation is acceptable in place of the MO HealthNet Division’s form.