

Preventive Care



Preventive care with regular health checkups is beneficial to your patients. Consider developing a personalized prevention plan to help them on their healthcare journey.

Ambetter of Alabama members can be seen at least once per calendar year for preventive care exams.

Note: Healthy infants should be seen by their doctor often during the first year of life.

Years of Age	Exam Components	Some topics to cover during the exam
0 – 2 (preventive care at: 2–3 days after coming home and then: 1 month old 2 months old 4 months old 6 months old 9 months old)	<ul style="list-style-type: none"> • Measure head circumference • Length/height, weight, BMI • Age-appropriate exam 	<ul style="list-style-type: none"> ✓ Development progress ✓ Newborn screenings ✓ Hearing issues ✓ Vision issues ✓ Labs/tests and screenings as applicable ✓ Immunizations as applicable
3 – 10	<ul style="list-style-type: none"> • Annual exam • Height, weight, BMI • Blood pressure • Age-appropriate exam and history • Dental, vision, and hearing screenings • Medication Reconciliation 	<ul style="list-style-type: none"> ✓ Dental Care ✓ Obesity ✓ Development/Behavioral screening ✓ Labs/tests and screenings as applicable ✓ Immunizations as applicable
11 – 19	<ul style="list-style-type: none"> • Annual exam • Height, weight, BMI • Blood pressure • Age-appropriate exam and history • Dental, vision, and hearing screenings • Obesity screening • Medication Reconciliation 	<ul style="list-style-type: none"> ✓ Diet and physical activity ✓ Domestic violence/abuse screening ✓ Anxiety/Depression screening ✓ Alcohol, Tobacco, and Drug use ✓ Sexual Health (contraception and STDs) ✓ Labs/tests and screenings as applicable ✓ Immunizations as applicable

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Years of Age	Exam Components	Some topics to cover during the exam
20 – 49	<ul style="list-style-type: none"> • Annual exam • Height, weight, BMI • Blood pressure/Hypertension screening • Cardiovascular screening • Cancer screenings (skin, colon, breast, cervical, etc.) • Diabetes screening • Obesity screening • Medication Reconciliation 	<ul style="list-style-type: none"> ✓ Diet and physical activity ✓ Domestic violence/abuse screening ✓ Anxiety/Depression screening ✓ Alcohol, Tobacco, and Drug use ✓ Gynecological health referral ✓ Sexual Health (contraception and STDs) ✓ Labs/tests and screenings as applicable ✓ Immunizations as applicable
50 and older	<ul style="list-style-type: none"> • Annual exam • Height, weight, BMI • Blood pressure/Hypertension screening • Cardiovascular screening • Cancer screenings (skin, colon, breast, etc.) • Diabetes screening • Lung cancer screening • Obesity screening • Urinary incontinence • Medication Reconciliation 	<ul style="list-style-type: none"> ✓ Advanced Care Planning ✓ Anxiety/Cognitive/Depression screening ✓ Alcohol, Tobacco, and Drug use ✓ Diet and physical activity ✓ Domestic violence/abuse screening ✓ Fall/Balance/Activities of daily living risks ✓ Sexual Health (contraception and STDs) ✓ Refer/order preventive Labs/tests and screenings as applicable ✓ Immunizations as applicable ✓ Gynecological health referral

When evaluating members and establishing the presence of a diagnosis, use the **Monitoring, Evaluating, Assessing/Addressing, & Treating (M.E.A.T)** format in your documentation.

Monitoring	Evaluating	Assessing/Addressing	Treating
<ul style="list-style-type: none"> • Signs • Symptoms • Disease Progression • Disease Regression 	<ul style="list-style-type: none"> • Test Results • Medication Effectiveness • Response to Treatment 	<ul style="list-style-type: none"> • Ordering Tests • Discussion • Review Records • Counseling • Planning 	<ul style="list-style-type: none"> • Medications • Therapies • Other Modalities • Referrals to Specialists • Disease Management Program • Testing

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TIPS to ensure healthy outcomes:

- ✓ Always share tests and screenings results with members and explain how they can assess them via a patient portal.
- ✓ Submit all applicable conditions via ICD 10 codes.
- ✓ Leverage CPT Category II codes to ensure outcomes and reduce chart collection events.



Consumer Assessment of Healthcare Providers and Systems (CAHPS®)

Your Success is Our Success: CMS or NCQA may ask your patients how you rate in the annual CAHPS® survey. Our goal is to partner with our providers to deliver the best healthcare possible to your patients. Improving the patient experience during office visits has been proven to improve healthcare outcomes and increase patient compliance with treatment plans.



Ensure Patient Satisfaction

- See patient within 15 minutes.
- Write prescriptions for medications on formulary.
- Share test results as soon as you get them.
- Help coordinate and manage care to other health services.
- Refer patients to network specialists.