GENERAL RESOURCES

- DHS C&TC Website
- MHCP Provider Guide
- C&TC Screening Components Standards and Guidelines
- MDH C&TC Website
- EPSDT: AN OVERVIEW
- C&TC Periodicity Schedule (attached, page 5)
- C&TC FACT Sheets for Primary Care Providers
- MDH Interpreter Registry
- Understanding Health Information Privacy (HIPAA)
- Information on Adolescent Confidentiality and Privacy
  - Consent and Confidentiality Booklet
  - MN Statute regarding minor consent

ANTICIPATORY GUIDANCE

- Minnesota Parents Know: “When Parents Know, Children Grow”
- CDC Learn the Signs. Act Early
- CDC Positive Parenting Tips
- C&TC FACT Sheets: Anticipatory Guidance 0-5 years, 6-12 years, 13-21 years

MEASUREMENT

C&TC Requirements: At every visit

- Growth Charts
- CDC: About BMI for Children and Teens
- HRSA Training module: Accurately weighing and measuring: technique
- Blood Pressure Levels by Age and Height Percentiles
- C&TC FACT Sheet: Physical Growth & Measurements
- 5210 - Let's Go!
- 5 Pasos

HEALTH HISTORY

C&TC Requirements: At every visit. Include mental health, nutrition, chemical use, trauma and adverse childhood experiences.

C&TC FACT Sheet: Health History
Guidelines for Adolescent Preventative Services (GAPS)

DEVELOPMENTAL & MENTAL HEALTH SCREENING


C&TC FACT Sheet: Developmental Screening and Social-Emotional/Mental Health
For detailed information on recommended screening instruments, refer to Developmental and Social-Emotional Screening of Young Children

- All Instruments at a Glance (attached, page 6)
- Instruments at a Glance for Clinics and Providers
- C&TC E-Learning Training: Developmental and Social-Emotional Screening
- Clinic quality improvement project: Communities Coordinating for Healthy Development (CCHD Toolkit)

Mental health screening instruments for older children and adolescents:

- Pediatric Symptoms Checklist (PSC): 4 years to 18 years
- GAIN-SS: 10-12 years through adult
- Patient Health Questionnaire - 9 (PHQ-9): 17 years and older

Referral via Help Me Grow: early intervention services for 0-5 years:

- 1-866-693-GROW (4769)
- Click “Refer a child to Help Me Grow” on Minnesota Parents Know website
- Or refer directly to local school district

Postpartum Depression Screening:

- DHS Maternal Depression Screening
- MDH Postpartum Depression Education Materials
- Support and Training to Enhance Primary Care for Postpartum Depression
- Tools
  - Edinburgh Postnatal Depression Scale (EPDS)
  - Patient Health Questionnaire-9 (PHQ-9)
  - Beck Depression Inventory (BDI)

**PHYSICAL EXAM**

C&TC requirement: At every visit, including sexual development and oral exam

C&TC FACT Sheet: Physical Examination

**IMMUNIZATIONS**

C&TC requirement: Review immunization status at every visit; administer and document vaccines (or reason why not given)

- MDH Immunization Website
- C&TC FACT Sheet: Immunizations and Review
- Minnesota Immunizations Information Connection (MIIC)
- CDC Vaccines and Immunizations
LABORATORY AND OTHER TESTS

LEAD

**C&TC requirement**: Lead blood test at 1 and 2 years of age; follow-up: ≥5 mcg/dL

*C&TC FACT Sheet: Lead Screening*

*MDH Lead Poisoning Prevention*

*Lead Poisons Kids: Are your kids at risk? Brochure*

*Interactive map by county: Minnesota Public Health Data Access: Childhood Lead Poisoning*

NEWBORN SCREENING

**C&TC requirement**: Follow-up on results if not documented in chart

*C&TC FACT Sheet: Newborn Screening - Blood Spot*

*MDH Minnesota Newborn Screening Program*

HEMOGLOBIN

**C&TC requirement**: HGB or HCT once between 9-15 months, and once in menstruating females

*C&TC FACT Sheet: Hematocrit or Hemoglobin*

*Diagnosis and Prevention of Iron Deficiency and Iron-Deficiency Anemia in Infants and Young Children (0-3 Years of Age). Pediatrics. 2010 Nov;126(5):1040-50.*

URINALYSIS

**C&TC requirement**: Will no longer be required. Instead, offer STI screening as indicated for sexually active patients

*New C&TC Fact Sheet: Sexually Transmitted Infection Screening*

*CDC 2010 STD Treatment Guidelines*

TUBERCULOSIS SCREENING

**C&TC requirement**: Screen risk at every C&TC visit; provide TB testing for high risk patients

*C&TC FACT Sheet: Tuberculosis (TB) Screening*

*Tuberculosis (TB) Risk Assessment*

HEARING & VISION

**C&TC requirement**: Follow-up on newborn screen if not documented in chart. Subjective screening at every visit, objective screening beginning at 3 years of age

*C&TC FACT Sheets: Hearing Screening and Vision Screening*

*E-Learning Training: MDH Hearing and Vision Screening website*


DENTAL CHECKUPS

**C&TC requirement**: Verbal referral to dental provider at each C&TC visit starting at ≤12 months of age

*C&TC FACT Sheet: Dental Checkup*

- C&TC Dental Periodicity Schedule
- E-Learning Training: Oral Health Screening
- AAP's Children's Oral Health
- Smiles for Life module: Caries Risk Assessment, Fluoride Varnish and Counseling
- University of Minnesota module: Dental Health Screening & Fluoride Varnish Application
REFERRAL CODES
Referral codes are required for a complete C&TC visit:

- NU No referral was made
- ST Referral was made (back to self, or to another provider)
- S2 Patient is currently under treatment for previously referred issue
- AV Patient/family refused referral

CONTACTS – FOR MORE INFORMATION
For questions about C&TC coding, billing, reimbursement, contact DHS:

- Health plan reps (see below)
- Ramona.Brady@state.mn.us
- Kathryn.Linde@state.mn.us
- Provider Call Center – for specific billing questions
  - (651) 431-2700 or 1-800-366-5411
  - DHS Provider Web Site

For questions about C&TC screening components, contact MDH:

- Katy.Schalla@state.mn.us
- Nancy.Grimsrud@state.mn.us
- Faith.Kidder@state.mn.us

For questions about Help Me Grow

- Shawn.Holmes@state.mn.us

TRAINING INFORMATION
C&TC Training Information and Registration Website

<table>
<thead>
<tr>
<th>Health Plan</th>
<th>Provider Services (citizen, health, family, &amp; more)</th>
<th>Coding Questions</th>
<th>Web site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Plans</td>
<td>651-682-3200 1-800-262-0820</td>
<td>651-682-3200 1-800-262-0820</td>
<td><a href="http://www.bluescross.com">www.bluescross.com</a></td>
</tr>
<tr>
<td>HealthPartners</td>
<td>Coding &amp; Billing 952-843-7735 1-800-444-4598</td>
<td>952-843-7735 1-800-444-4598</td>
<td><a href="http://www.healthpartners.com">www.healthpartners.com</a></td>
</tr>
<tr>
<td>Medica</td>
<td>1-800-458-5582</td>
<td>800-498-1982</td>
<td><a href="http://www.medica.com">www.medica.com</a></td>
</tr>
<tr>
<td>UCare</td>
<td>651-676-1100 1-888-513-3493</td>
<td>651-676-1100 1-888-513-3493</td>
<td><a href="http://www.ucare.org">www.ucare.org</a></td>
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C&TC HEALTH PLAN CONTACTS for CLINIC STAFF

<table>
<thead>
<tr>
<th>T-county metro area</th>
<th>651-682-2207 or <a href="mailto:katharine.e.gentson@bluecross.com">katharine.e.gentson@bluecross.com</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Central &amp; Northeast</td>
<td>651-682-7424 or <a href="mailto:kathleen.a.evenson@bluecross.com">kathleen.a.evenson@bluecross.com</a></td>
</tr>
<tr>
<td>Southeast</td>
<td>651-682-2647 or 1-800-878-0119 ext. 10547 or <a href="mailto:kathleen.a.evenson@bluecross.com">kathleen.a.evenson@bluecross.com</a></td>
</tr>
<tr>
<td>Northern</td>
<td>651-682-1900 or 1-800-878-0119 ext. 10547 or <a href="mailto:kathleen.a.evenson@bluecross.com">kathleen.a.evenson@bluecross.com</a></td>
</tr>
<tr>
<td>Fayette</td>
<td>651-682-1900 or 1-800-878-0119 ext. 10547 or <a href="mailto:kathleen.a.evenson@bluecross.com">kathleen.a.evenson@bluecross.com</a></td>
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</tbody>
</table>

This health plan contact list is made available by Blue Plans, HealthPartners, Medica and UCare. This document was updated May 2013 and is subject to change. Please go to http://www.dhs.state.mn.us/programs/Children/Children-and-Teen/CheckupsInformationForProviders.htm for an updated document and other C&TC related information and resources for our members such as, but not limited to customer service, interpreter services and transportation.
## Minnesota Child and Teen Checkups (C&TC)
### Early and Periodic Screening, Diagnosis and Treatment (EPSDT)
#### Schedule of Age-Related Screening Standards

<table>
<thead>
<tr>
<th>Components</th>
<th>Infancy</th>
<th>Early Childhood</th>
<th>Late Childhood</th>
<th>Adolescence</th>
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<tr>
<td>Anticipatory Guidance &amp; Health Education</td>
<td>✓ ✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓</td>
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<td>Measurement — height &amp; weight</td>
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<td>✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓</td>
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<tr>
<td>• head circumference</td>
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<td>✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓</td>
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<tr>
<td>• blood pressure</td>
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<td>✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓</td>
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<td>Health History including mental health, nutrition, chemical use</td>
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<td>Development: social-emotional/mental health, cognitive, speech/language, fine/gross motor</td>
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<td>✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓</td>
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<tr>
<td>Physical — including sexual development, oral exam</td>
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<td>✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓</td>
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<tr>
<td>• Blood lead</td>
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<td>✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓</td>
<td>✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓</td>
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<tr>
<td>• Newborn Metabolic (if indicated)</td>
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<td>• Hemoglobin/hematocrit</td>
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<tr>
<td>• Other: Cholesterol, STD, TB (as indicated)</td>
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<td>✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓</td>
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<td>Dental Checkups — verbal referral</td>
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</tbody>
</table>

*S* = subjective, by history.  
**0** = objective, by appropriate standard testing method.  
***0/S*** = either at this age  
(Also ask the subjective vision and hearing history questions.)  

---

Indicates range to provide service one time.  
Additional screening services and/or specific screening components may be provided at other intervals as indicated.  

**See reverse side for more information.**
# Developmental & Social-Emotional Screening Instruments for Young Children in Minnesota

All Instruments at a Glance: Determine which recommended instrument best fits your screening needs.

<table>
<thead>
<tr>
<th></th>
<th>Observational Instrument</th>
<th>Parent Report Instrument</th>
<th>Toddlers (Under 1 year)</th>
<th>Preschool (3 to 8 years)</th>
<th>Available in multiple languages</th>
<th>Approved for Early Childhood Screening</th>
<th>Recommended for State of Minnesota</th>
<th>Recommended for Other States</th>
<th>Hand Start or Follow Through Approved</th>
<th>Recommended for CACFP</th>
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<tr>
<td>Ages &amp; Stages Questionnaires (ASQ-3)</td>
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<td>Battelle Developmental Inventory 2nd Ed. (BDI-II)</td>
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<td>✓</td>
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<td>✓</td>
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<td>✓ 2 years - 6 years/11 months</td>
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<td>Bayley Scales of Infant and Toddler Development 3rd Ed. (Bayley-III) Screening Test</td>
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<td>✓</td>
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<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓ 1 month - 42 months</td>
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<td>Brigance Screens</td>
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<td>✓</td>
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<td>Child Development Review: Parent Questionnaire (CDR-PQ)</td>
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<td>Developmental Indicators for Assessment of Learning, 4th Ed. (DIAL-4)</td>
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<td>✓ 2 years, 6 months - 5 years, 11 months</td>
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<td>Early Screening Inventory-Revised (ESI-R) 2008 Edition</td>
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<td>Early Screening Profiles (ESP)</td>
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<td>FirstSTEp Preschool Screening Tool</td>
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<td>Parents' Evaluation of Developmental Status (PEDS)</td>
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<td>Ages &amp; Stages Questionnaires: Social-Emotional (ASQ:SE)</td>
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<td>Brief Infant-Toddler Social/Emotional Assessment (BITSEA)</td>
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<td>Pediatric Symptom Checklist (PSC)</td>
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<td>✓</td>
<td>✓ 4-16 years</td>
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</tr>
</tbody>
</table>

1. The Minnesota Early Childhood Screening program is targeted for ages 3-4 years and is required prior to public school entrance. [http://education.state.mn.us/MDH/SpEd/EarlyLearn/EarlyChildScreen](http://education.state.mn.us/MDH/SpEd/EarlyLearn/EarlyChildScreen)

2. The Follow Along Program is a developmental screening program targeted for Minnesota children ages birth to 36 months. [www.health.state.mn.us/dvs/fh/mch/devscreen/followalong.html](http://www.health.state.mn.us/dvs/fh/mch/devscreen/followalong.html)

3. Child and Teen Checkups (CTC) is the Minnesota Early and Periodic Screening, Diagnosis and Treatment (EPSDT) Program. [http://www.dhs.state.mn.us/cproviders/ or www.health.state.mn.us/dvs/fh/mch/c/index.html](http://www.dhs.state.mn.us/cproviders/ or www.health.state.mn.us/dvs/fh/mch/c/index.html)

This information is available in alternative formats to individuals with disabilities by calling us at 651-201-3760 or 800-657-3903. TTY users can call directly at 651-201-5797. For Speech-to-Speech, call (877) 627-3848. For additional assistance with legal rights and protections for equal access to human services programs, contact our agency's Americans with Disabilities Act (ADA) coordinator at 651-201-5783.

[http://www.health.state.mn.us/dvs/fh/mch/devscreen/glance.html](http://www.health.state.mn.us/dvs/fh/mch/devscreen/glance.html)