

# Preventive Care

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

CalViva Health 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.

	Exam components	Some topics to cover during the exam
<b>Age 0-2</b> (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"> <li>■ Measure head circumference</li> <li>■ Length/height, weight, BMI</li> <li>■ Age-appropriate exam</li> </ul>	<ul style="list-style-type: none"> <li>■ Development progress</li> <li>■ Newborn screenings</li> <li>■ Hearing issues</li> <li>■ Vision problems</li> <li>■ Labs/tests and screenings as applicable</li> <li>■ Immunizations as applicable</li> </ul>
<b>Age 3-10</b>	<ul style="list-style-type: none"> <li>■ Annual exam</li> <li>■ Height, weight, BMI</li> <li>■ Blood pressure</li> <li>■ Age-appropriate exam and history</li> <li>■ Dental, vision and hearing screenings</li> <li>■ Medication reconciliation</li> </ul>	<ul style="list-style-type: none"> <li>■ Dental care</li> <li>■ Obesity</li> <li>■ Development/behavioral screening</li> <li>■ Labs/tests and screenings as applicable</li> <li>■ Immunizations as applicable</li> </ul>
<b>Age 11-19</b>	<ul style="list-style-type: none"> <li>■ Annual exam</li> <li>■ Height, weight, BMI</li> <li>■ Blood pressure</li> <li>■ Age-appropriate exam and history</li> <li>■ Dental, vision and hearing screenings</li> <li>■ Obesity screening</li> <li>■ Medication reconciliation</li> </ul>	<ul style="list-style-type: none"> <li>■ Diet and physical activity</li> <li>■ Domestic violence/abuse screening</li> <li>■ Anxiety/depression screening</li> <li>■ Alcohol, tobacco and drug use</li> <li>■ Sexual health (contraception and STDs)</li> <li>■ Labs/tests and screenings as applicable</li> <li>■ Immunizations as applicable</li> </ul>
<b>Age 20-49</b>	<ul style="list-style-type: none"> <li>■ Annual exam</li> <li>■ Height, weight, BMI</li> <li>■ Blood pressure/hypertension screening</li> <li>■ Cardiovascular screening</li> <li>■ Cancer screenings (skin, colon, breast, cervical etc.)</li> <li>■ Diabetes screening</li> <li>■ Obesity screening</li> <li>■ Medication reconciliation</li> </ul>	<ul style="list-style-type: none"> <li>■ Diet and physical activity</li> <li>■ Domestic violence/abuse screening</li> <li>■ Anxiety/depression screening</li> <li>■ Alcohol, tobacco and drug use</li> <li>■ Gynecological health referral</li> <li>■ Sexual health (contraception and STDs)</li> <li>■ Labs/tests and screenings as applicable</li> <li>■ Immunizations as applicable</li> </ul>



(continued)

<b>50 and older</b>	<ul style="list-style-type: none"> <li>■ Annual exam</li> <li>■ Height, weight, BMI</li> <li>■ Blood pressure/hypertension screening</li> <li>■ Cardiovascular screening</li> <li>■ Cancer screenings (skin, colon, breast, etc.)</li> <li>■ Diabetes screening</li> <li>■ Lung cancer screening</li> <li>■ Obesity screening</li> <li>■ Urinary incontinence</li> <li>■ Medication reconciliation</li> </ul>	<ul style="list-style-type: none"> <li>■ Advanced care planning</li> <li>■ Anxiety/cognitive/depression screening</li> <li>■ Alcohol, tobacco and drug use</li> <li>■ Diet and physical activity</li> <li>■ Domestic violence/abuse screening</li> <li>■ Fall/balance/activities of daily living risks</li> <li>■ Sexual health (contraception and STDs)</li> <li>■ Refer/order preventive labs/tests and screenings as applicable</li> <li>■ Immunizations as applicable</li> <li>■ Gynecological health referral</li> </ul>
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**When evaluating members and establishing the presence of a diagnosis, remember to put the M.E.A.T. (Monitoring, Evaluating, Assessing/Addressing, & Treating) in your documentation.**

Monitoring	Evaluating	Assessing/Addressing	Treating
■ Signs	■ Test results	■ Ordering tests	■ Medications
■ Symptoms	■ Medication effectiveness	■ Discussion	■ Therapies
■ Disease progression	■ Response to treatment	■ Review records	■ Other modalities
■ Disease regression		■ Counseling	■ Referrals to specialists
		■ Planning	■ Disease management program
			■ Testing

**TIPS to ensure healthy outcomes:**

- ✓ Always share tests and screening results with members and how they can assess them via a patient portal
- ✓ Be sure to submit all applicable conditions via IDC 10 codes. Leverage CPT Category II codes to ensure outcomes to reduce chart collection events

**Consumer Assessment of Healthcare Providers and Systems (CAHPS)<sup>®</sup>**

Your Success is Our Success:

The Centers for Medicare & Medicaid Services or the National Committee for Quality Assurance may ask your patients how you rate in the annual Consumer Assessment of Healthcare Providers and Systems (CAHPS) survey.

Our goal is to partner with our providers to serve your patients with the best health care possible. Improving your patient’s experience during their office visit has been proven to improve health care outcomes and increase patient compliance with treatment plans.



**Ensure your patient’s 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;
- And refer patients to network specialists.