

# Get well, stay healthy

One of the best ways to stay well is by getting annual checkups and regular screenings. This helps your doctor catch problems early when they may be easier to treat. Here is a guide for how often you should get screenings and services, and how soon your doctor should be able to schedule your appointments. If you need help scheduling an appointment, call the number on the back of your member ID card.



Visits needed	When they are needed
Adult preventive visits	Age 20 and older (yearly)
Well-baby visits (CHIP)	6 visits within the first 15 months
Well-child visits (CHIP)	3 visits within 15-30 months; annually between 3-21 years
Texas Health Steps visits (STAR and STAR+PLUS)	8 visits within the first 15 months; 3 visits between 15-30 months; and annually between ages 3-20 years
Prenatal visits	Series of visits before delivery
Post-delivery visits	Between 7 to 84 days after delivery
Mammogram (checks for breast cancer)	Women 50 to 74 years (yearly)
Pap Test (checks for cervical cancer)	Women 21 to 64 years, as recommended by your doctor
Colonoscopy (checks for colon cancer)	Ages 45 to 75 years, as recommended by your doctor
Diabetic testing (A1c test, kidney test, eye exam)	Ask your doctor how often you need these tests
Behavioral health visit after hospitalization	1 to 7 days after discharge
Flu shot	Yearly
Dental visit	Once every six months
Vision visit	Yearly
Type of visit	How long will it take to get an appointment?
Emergency Services	Immediately
Urgent Care Service, including urgent specialty care and Behavioral Health Services	Within 24 hours
Primary Routine Care	Within 14 days
Specialty Routine Care	Within 21 days
Initial Outpatient Behavioral Health Visits	Within 14 days
Community Long-Term Services and Supports	Must be initiated with 7 days from the start date on the Individual Service Plan
Prenatal Care	Within 14 days for initial appointments
Prenatal Care for High Risk pregnancies or new members in the third trimester	Within 5 days
Preventive health services, including annual adult well checks for members age 21 and older	Within 90 days
Preventive health services children	Within 14 days for members less than 6 months of age Within 60 days for members 6 months through age 20
Case Management for Children and Pregnant Women Services	Within 14 days