

Memorandum

To: Gold Coast Health Plan Primary Care Providers

From: Kim Timmerman, MHA, CPHQ, Director of Quality Improvement

Re: **Annual Well-Care Visits for Adolescents**

Date: September 24, 2019

Only 53% of Medicaid adolescents received a well-care visit in 2017, according to the National Committee for Quality Assurance (NCQA). Although many teens don't want to see a doctor because they feel healthy, well-care visits are key to adolescent health.

The American Academy of Pediatrics (AAP) and Bright Futures recommend adolescents receive annual well-care visits to promote healthy behaviors and identify conditions that can hinder a teen's physical, social and emotional development. Behaviors established during these formative years, such as eating habits and physical activity, can extend into adulthood. These visits give providers the opportunity to influence sustainable behaviors.

Quality of Care Performance Measure

In Measurement Year (MY) 2019, Gold Coast Health Plan (GCHP) is required to report the Managed Care Accountability Set (MCAS) performance measure, Adolescent Well-Care Visit (AWC), to the state Department of Health Care Services (DHCS).

The AWC performance measure looks at the percentage of enrolled members, 12-21 years of age, who had at least one comprehensive well-care visit with a Primary Care Provider (PCP) or an OB/GYN practitioner during the MY.

A comprehensive well-care visit should include the following age-appropriate services:

- A physical exam.
- Immunizations.
- Health history screening.
- Mental health screening.
- Physical developmental history.
- Oral health risk assessment.
- Health education / anticipatory guidance.

Recommended Best Practices

Care provided to adolescent members should include education in relation to how he or she relates to the world. During this stage of growth, teens undergo considerable physical, mental, sexual, social and emotional changes. It is also recommended that providers educate parents of adolescent patients about the changing dynamics of their young family member.

The adolescent population is becoming more ethnically diverse, according to Healthy People 2020. When providing care to adolescents, providers should be culturally sensitive to their unique needs and take their health, academic and economic disparities into account.

For more information, resources and an overview of the Healthy People 2020 – Adolescent Health goals, [click here](#).

Quality Improvement Department Contact Information

For more information on the AWC MCAS performance measure, or if you and your clinic staff would like to discuss your individual clinic performance, contact the GCHP Quality Improvement Department at QualityImprovement@goldchp.org.