

DID YOU KNOW?

# Medical and Dental Preventative Check-ups



## Did you know?

Children and adults with intellectual and developmental disabilities receive a variety of specialty care to address their disability-related health needs. It is important for people with intellectual and developmental disabilities to receive regular preventative health checkups and screenings. Children and adults determined eligible clients of the Developmental Disabilities Administration and are Apple Health eligible, have enhanced Apple Health benefits, including annual physical exams and additional dental cleanings. People can schedule these visits directly with their primary care provider or dentist.

## Dental

### What enhanced dental benefits are available for children and adults?

- Apple Health-eligible and DDA clients are eligible for enhanced dental benefits. Enhanced dental benefits include:
  - Exam – one additional per year all ages
  - Cleaning – three times a year all ages
  - Topical fluoride – an additional two times per year for adults
  - Sealants – additional coverage for premolar teeth
  - Stainless steel crowns – additional coverage for adults
  - Sedation – when a documented need exists
- [More information on dental benefits](#) is available at on [Washington State Health Care Authority's website](#).
- A complete list of enhanced services and information for dental providers can be found at [Dental-Related Services Program Billing Guide](#).

### What dental care is recommended?

To get informed on oral health recommendations and to find dental care go to [Washington State Dental Association \(wsda.org\)](#)

## Medical

### What enhanced medical benefits are available for adults?

In addition to other Apple Health benefits, adults are eligible to receive one preventive yearly physical. Recommended screenings should occur at all of life stages. Regular visits with primary health providers help all persons prevent future health problems.

### What preventive screenings are recommended for adults?

- [Women: Stay Healthy at Any Age](#)
- [Women: Stay Healthy at 50+](#)
- [Men: Stay Healthy at Any Age](#)
- [Men: Stay Healthy at 50+](#)

## What medical benefits are available for children?

Children should receive preventative physical examinations appropriate for their chronological age. Preventative exams allow primary care providers an opportunity to identify health risk factors and assist clients to make changes that can positively affect their health. Learn more about Well Child checkups [online](#).

## What preventive screenings are recommended for children?

Information regarding well-child recommendations based on a chronological age is available [online](#).

## How do I find a medical or dental provider if I have Apple Health without a managed care plan?

[HCA Find-a-Provider \(HCA.wa.gov\)](http://HCA.Find-a-Provider(HCA.wa.gov)) . . . . . 1-800-562-3022

## Support for your appointment

### Support from an interpreter

If you do not speak English, professional interpreters are available in many languages, including sign language, at no cost to you. When you make an appointment, let the receptionist know if you need an interpreter. The interpreter can go to the provider's office or be on the phone during your appointment.

It is preferred to use a professional interpreter than bring a family member or friend to interpret for you. Professional interpreters are trained to understand health care terms and will help you and your provider understand each other.

### Disability Support for dental and healthcare visits

If you have a speech or hearing disability, difficulty communicating, or a mobility impairment, be sure to tell the receptionist when you make the appointment. The receptionist will help you make any necessary arrangements.

### Transportation

If you have no way to get to your health care appointment, you may be eligible for help with transportation. The appointment must be for services allowed by your current health plan. A regional broker contracted by the [Health Care Authority](#) will arrange the most appropriate transportation for you.

For information on how to request nonemergency medical transportation, visit this [page](#).

### DDA and your preventive care

Your DDA case manager can support the overall health and well-being of DDA clients by reminding them of the importance of preventive care. During your annual assessment, your case manager will ask you about your most recent physical and dental visits. They will also include in your assessment information about health care screenings, visits to the emergency room and other health care issues. If you are experiencing difficulties accessing the care you need, let your case manager know. They may be able to help connect you to the resources needed to resolve the issue.

## Finding a provider

How do I find a medical or dental provider if I have an Apple Health managed care plan?

### [Amerigroup \(AMG\)](#)

1-800-600-4441

### [Community Health Plan of Washington \(CHPW\)](#)

1-800-440-1561

### [Coordinated Care of Washington \(CCW\)](#)

1-877-644-4613

### [Molina Healthcare of Washington, Inc. \(MHW\)](#)

1-800-869-7165

### [UnitedHealthcare Community Plan \(UHC\)](#)

1-877-542-8997

**Additional information is [available](#).**