

Driscoll Health Plan

an affiliate of Driscoll Health System

TEXAS HEALTH STEPS AND WHAT IS URGENT & EMERGENCY CARE?



A friend of the family



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TEXAS HEALTH STEPS CHECKUPS

Texas Health Steps provides medical and dental care for children age 20 and younger. These checkups are at no cost to you.

Texas Health Steps gives your child:

- Medical checkups starting at birth, at no cost
- Dental checkups starting at 6 months of age, at no cost

Why is the Texas Health Steps checkup important?

- You may find health problems before they get worse and harder to treat
- Prevents health problems that make it hard for your child to learn and grow
- Helps your child have a healthy smile

If your child's doctor or dentist finds a health problem during a checkup, your child can get the care they need such as:

- Eye exams and glasses
- Hearing tests and hearing aids
- Other health and dental care

When should my child get a Texas Health Steps checkup?

Schedule for when to get checkups	
1 st Year	2 nd Year and Beyond
Up to 5 days old	15 months old
2 weeks old	18 months old
2 months old	2 years old
4 months old	2 1/2 years old
6 months old	3 and older – on or shortly after your child's birthday
9 months old	
12 months old	

Why is it important to get vaccines?

You can get your child's vaccines at no cost through Texas Health Steps! They need different vaccines as they grow. At each checkup, ask the doctor what vaccines your child needs. The chart at the right tells you what vaccines you should get and when. It is up to you to go to your doctor to get your vaccines. It is a good idea to keep a record of when you get your vaccines. Keep those records in a safe place and bring it with you at each checkup.

GETTING URGENT AND EMERGENCY CARE

Urgent care

There are some injuries and illnesses that are probably not emergencies, but can turn into emergencies if they are not treated within 24 hours.

Examples of urgent care are:

- A minor to moderate asthma attack
- Earaches, sore throat, muscle sprains/strains
- A minor illness with fever if a child is more than 2 months old
- A skin rash due to an insect bite

What to do if your child has an urgent medical need?

- **Call your child's doctor first** - Tell them your child's symptoms and ask for an appointment as soon as possible. They will refer you to a Hospital if your child needs emergency care. Some examples are minor burns, ear aches, sore throat or muscle sprains/strains.
- **After hours or on the weekend** - Call your child's doctor first and he or she will tell you what steps to take next.

Emergency care

Emergency room visits

Most medical problems are not emergencies – they can be taken care of by calling your child's doctor. The doctor will have your child come into the office or send them to the emergency room. If you need to reach the doctor on the weekend, call the doctor's office or the nurse hotline for your child's Medicaid health plan. Be sure to call your child's doctor at any time, if your child has:

- High fever (For a baby 3 months old or less, this is a rectal temperature of 100.4 degrees Fahrenheit or higher. For a baby 3 to 12 months old, this is a rectal temperature of 102.2 degrees or higher. For a child older than 1 year, this is a temperature of 105 degrees or higher.)
- Severe pain and pain that suddenly stops
- Severe headache
- Stiff neck
- Face muscles that twitch
- A very sick feeling or problem that seems to be getting worse
- Swelling around the ear
- Dizziness, hearing loss, or ringing in the ears
- Drainage or blood from the ear
- An insect or something else stuck in the ear or nose
- A hard hit to the head or ear

CALL 911 FOR LIFE OR DEATH SITUATIONS

Where are local after-hours / urgent care centers located?

For a list of Driscoll Children's Hospital Clinics and other adult after-hours/urgent care clinics visit: <http://driscollhealthplan.com/services/after-hours-care>



Vaccine schedule ages 18 and younger

