



3 in 30 Frequently Asked Questions for Providers

1. Who can do a 3-day medical exam?

A credentialed STAR Health medical provider who is one of the following may perform a 3-day medical exam:

- Physician or physician group (MD or DO)
- Physician assistant (PA)
- Clinical nurse specialist (CNS)
- Nurse practitioner (NP)
- Certified nurse-midwife (CNM)
- Federally Qualified Health Center (FQHC)
- Rural Health Clinic (RHC)
- Health-care provider or facility (Community-based hospital and clinic) with physician supervision

2. How can I determine if there is a current primary care provider who can provide the 3-day medical exam and ongoing care?

It is best for a child to continue receiving medical treatment from a provider they know and with whom they have an established relationship. If the child's primary care doctor is known, available, and accepts STAR Health provider, this doctor would be ideal to conduct the 3-day medical exam.

Local Placement

Does the child have Medicaid?

If the child is placed in close proximity to the removal location, the caseworker may inquire if the child has Medicaid. If yes, then the caseworker may ask the parent for the primary care doctor's name or check for the name on the youth's most recent Medicaid card.

Does the child have a regular doctor?

If so, contact STAR Health (1-866-912-6283) and ask for "Member Services" (request a nurse outside of business hours) to determine if the regular doctor is a STAR Health provider and is able to do a 3-day medical exam. If the child's regular doctor is not a STAR Health provider, Member Services can clarify whether there are options for temporary enrollment of the regular doctor or assist the caregiver in locating a provider who can provide the exam who accepts STAR Health. Caregivers should not schedule a 3-day exam with a provider who does not accept STAR Health even if it is the child's current physician.

Non-local Placement

If the child is not placed in close proximity to the removal location, it is unlikely their primary care doctor can provide the 3-day medical exam. Caregivers should contact STAR Health (1-866-912-6283) and ask for "Member Services" for assistance in finding a local STAR Health provider to conduct the 3-day exam.

3. How do I address Medicaid eligibility issues (e.g., the child does not have a Medicaid card and the pharmacy or medical provider wants a Medical ID number or similar issue)?

The fully signed and authorized *Medical Consent Form 2085-B* provides proof the child is immediately covered by Medicaid due to the removal and must be accepted by STAR Health contractors including physicians, pharmacists, etc.

Issues?

If there are any issues, call STAR Health Member Services at 1-866-912-6283.

For issues unresolved by STAR Health, contact the child's caseworker who can link with the regional Child Protective Services (CPS) well-being specialist for support.

4. What if the caseworker or caregiver cannot find a medical provider who can see the child within three days from removal?

In most localities, the 3-day medical exam is well understood by medical providers who examine youth in foster care. Often, established residential providers and caregivers have relationships with medical providers who can complete these exams. In areas where [Foster Care Centers of Excellence](#) are available, these clinics are well versed in the requirements and should ensure youth are seen within three days. Information about Foster Care Centers of Excellence, including their locations, are available at the following link:

https://www.fostercaretx.com/content/dam/centene/fostercare/pdfs/SHP_20173907-FC-Center-of-Excellence-M-EN-07292020-WP.pdf

Issues?

If problems locating a provider persist, STAR Health will be able to provide a list of providers who can provide this service.

Call STAR Health Member Services at 1-866-912-6283.

Placement caregivers may also reach out to the child's caseworker to notify them of the issues and get assistance from CPS support services such as the well-being specialist or nurse consultant.

5. Can any of the 3 in 30 exams be conducted virtually?

3-day Medical Exam and Initial Texas Health Steps Checkup

Both the 3-day medical exam and the initial Texas Health Steps checkup are best completed in person. Both should include in-person examinations and screenings of the general physical and mental health, growth, development, and nutritional status of infants, children, and youth. See also Question 12.

CANS Assessment

The CANS assessment may be conducted virtually or in person.

6. What are the exceptions to the 3-day medical exam?

All youth entering foster care should receive a 3-day medical exam barring three exceptions:

1. When a child is removed from a medical setting;
2. If the child must be taken to urgent care at the time of removal; or
3. If the child is in a psychiatric facility at the time of removal.

The child who is receiving this type of medical care at the time of removal is being assessed for injury and immediate needs as required at the 3-day medical exam.

7. Can a specialized medical resource substitute for the 3-day medical exam?

No, the following cannot substitute for the 3-day medical exam:

- A pre-removal doctor exam due to a child's recent illness;
- A Sexual Assault Nurse Examiner (SANE) exam;

- A Forensic Assessment Center Network (FACN) consultation based on medical records; and
- Telemedicine.

8. How are 3-day medical exams documented?

Caregivers should notify the child’s caseworker that the 3-day medical exam has been completed. Within 24 hours of receiving notice of the completed the medical exam, the caseworker will document in IMPACT that the exam occurred (refer to [The 3 in 30 Resource Guide](#) pg. 8).

9. What if the youth is older and refuses to cooperate with some or all of the exam?

Youth who have been recently removed may exhibit a range of behaviors in response to trauma. It is not uncommon for a youth to refuse some activities, especially with those involving authority figures. Caregivers and residential providers should use a trauma informed lens to prepare the youth for the visit and be prepared for trauma response to these exams. The medical provider must complete the elements of the 3-day medical exam as thoroughly as possible and document the findings and refusal. The residential provider should discuss with the caseworker the findings and any refusal.

10. How do I document the child had a scheduled appointment, but didn’t attend?

Nearly all children who enter foster care are required to have a 3-day medical exam. After the exam, the caseworker is responsible for ensuring the documentation is entered in IMPACT.

Caregivers should contact the caseworker to notify them if a child misses an appointment for a 3-day medical exam. The exam should be rescheduled, ideally within the three-day timeframe.

11. What if a bill is received for the exam?

The 3-day medical exam is a covered, no cost benefit for all youth in foster care through STAR Health. If a bill is received, contact the medical provider to ensure they have the child's correct identifying information, including Medicaid number.

Contact STAR Health Member Services at 1-866-912-6283.

12. Can a 3-day medical exam and the initial Texas Health Steps Checkup be completed during the same visit?

No. Both the 3-day medical exam and a Texas Health Steps checkup should never be conducted at the same visit.

3-day Medical Exam

The 3-day medical exam is intended to check for illness and injury, as well as establish a baseline for the youth's physical health at the time a child is removed. This exam should minimize additional trauma; therefore, vaccines are not permitted.

Texas Health Steps Checkup

A Texas Health Steps checkup is required in the first 30 days after removal and is designed to begin establishing ongoing, developmentally appropriate medical treatment for the youth. The checkup is similar to a complete physical, and the requirements are different than a 3-day medical exam.

Additionally, some children receiving a 3-day medical exam may be quickly returned to family or relatives, so lab work and vaccines should not be completed in the event of a quick return.

13. Can a child receive a COVID vaccine at the 3-day medical exam?

By statute *Texas Family Code* [§264.1076](#), a child may not receive vaccinations at the 3-day medical exam, including a COVID vaccine, unless there is an emergent need for a tetanus vaccination.

In order to obtain a vaccination other than a tetanus shot, the medical provider must obtain parental consent in writing and directly from the parent. The caseworker can assist the medical professional in contacting the parent for consent but may not obtain consent from the parent on behalf of the medical professional.

14. Can a child receive a vaccine at the Texas Health Steps checkup?

COVID-19 Vaccine

Every Texan six months of age and older is eligible to receive free COVID-19 vaccines, including children and youth in conservatorship. The COVID vaccine is recommended for anyone who is eligible to receive it based on the COVID-19 vaccine authorization and recommendations by the U.S. Food and Drug Administration and the Centers for Disease Control and Prevention updated in June 2022.

Consent for COVID-19 vaccines and boosters is handled differently than routine immunizations.

Parents Whose Parental Rights are NOT Terminated

Caseworkers will notify the parents of children in conservatorship whose parental rights have NOT been terminated of Department of Family and Protective Services' (DFPS) plan to have the child receive the COVID-19 vaccine to allow the parent an opportunity to object, if they wish.

DFPS staff should ensure eligible youth have access to the vaccine by obtaining/providing consent by the medical consentor or a back-up medical consentor, assuming there is no known parental objection.

Routine Immunizations

For routine immunizations, developmentally appropriate immunizations can be provided at all Texas Health Steps checkups, if indicated and consent is provided. Unless there is known parental objection to a routine vaccine, the medical consentor can provide consent for routine immunizations.

Youth 16 and Older

As is best practice, youth 16 and older should have the opportunity to assent, if able, in addition to the consent provided by the medical consentor.

Youth 16 and older who have been designated by the court to be their own medical consentor have the legal authority to consent or not to their own vaccines.

15. Does a child need a 3-day medical exam at every placement move? What if the child has Primary Medical Needs?

No. The 3-day medical exam is a one-time exam conducted at the time of initial removal. Subsequent placement changes do not require another 3-day medical exam. If a child is new to a placement, the Texas Health Steps guidelines and time frames for ongoing medical checkups should be followed. If there is any concern about illness, a medical appointment may be appropriate.

Children with Primary Medical Needs

As with other youth, a youth with Primary Medical Needs only requires a 3-day medical exam within three days of initial removal. Unlike other youth, a Primary Medical Needs staffing is required for all placement moves, even those within the same child placement agency. Youth with Primary Medical Needs have special care requirements. These staffings ensure the youth's needs can be met, proper durable medical equipment is available, and services are transferred.

16. What should I do if a child is moved into a new placement and has not yet had a 3-day medical exam?

Whenever possible, a 3-day medical exam should be conducted within three days of initial removal.

Inside the 3-day Timeframe

If a placement change occurs within this timeframe prior to a 3-day medical exam, the new caregiver should schedule the 3-day medical exam timely to ensure compliance and obtain an initial baseline medical screening.

Outside the 3-day Timeframe

If a child did not receive a timely 3-day exam and a placement change occurs, a 3-day medical exam should be scheduled even if it is outside of the timeframes.

However, if it is significantly longer than a few days later than the 3-day time frame, then the initial Texas Health Steps checkup required in the first 30 days is more appropriate. In that circumstance, the 3-day medical exam should be forgone, and the Texas Health Steps checkup schedule should be followed.

17. What if a child is moved near the 30th day and has not yet received an initial Texas Health Steps checkup or a CANS assessment?

Both the initial Texas Health Steps checkup and a Child and Adolescent Needs and Strengths (CANS) assessment are due within 30 days of removal, regardless of any placement moves that could occur within that time period.

Please schedule the Texas Health Steps checkup and CANS assessment as soon as possible.

18. If a child is in juvenile detention, is a 3-day medical exam required?

Yes. Although children in juvenile detention facilities are excluded from STAR Health, a 3-day medical exam is still required. There often is a comparable medical screening for detained youth.

If an exam has not occurred, coordinate efforts with the regional juvenile justice liaison to assist with ensuring an exam is completed during incarceration. If an exam cannot be completed, an exam will be needed upon discharge.

Exception

If a youth who is detained has received a medical exam to assess for injury or illness during incarceration, an exception may be met. Documentation of this exam should be obtained from the facility. See also Question 6 above.

19. If a Texas child comes from an out-of-state placement, is a 3-day medical exam required?

No, placement changes do not require 3-day medical exams. The 3-day medical exam is intended to provide a baseline of a child or youth's physical health when they are first removed and enter foster care. See Question 6 above.

20. If a child is originally from another state and legally removed by Texas DFPS will this child need a 3-day medical exam?

Yes. Any child who is legally removed by Texas should receive a 3-day medical exam. The youth removed by Texas are eligible for STAR Health which provides health care to children in the Texas foster care program and will cover the cost of the 3-day medical exam.

Caregivers should follow the Texas Health Steps checkup schedule for exams and consult a physician for any additional medical appointment needs. Once a child is

transferred into the custody of Texas, the child is covered by STAR Health for all medical services.

21. If a child is in custody in another state and adopted or permanently placed in Texas, would this child be required to have a 3-day medical exam or the initial Texas Health Steps checkup?

No. Only children legally removed by Texas require the 3 in 30 exams (i.e., 3-day medical exam, Texas Health Steps checkup, and CANS assessment) within the first 30 days upon entry into conservatorship. Youth who are in the legal custody of another state are not required to receive these exams, though other states may have different requirements.

There is a national requirement for a comprehensive developmental checkup, known in Texas as the Texas Health Steps checkup, within 30 days of entering foster care, but the checkup may have a different name with different additional requirements.

The 3-day medical exam is not required at exit from conservatorship to a permanent home, regardless of the exit type.