



Primary Care Wellness Visits: Optional Enhanced Visit Schedule

Fact Sheet — Member Version (Fall 2026)

Primary care wellness visits

Primary care wellness visits for children and young adults are the cornerstone of health maintenance, disease prevention, and early detection and intervention for members enrolled in the Children and Families Specialty Plan (CFSP), known as Healthy Blue Care Together (HBCT).

Well-child visits and adult preventive care visits allow primary care providers, members, and caregivers to focus on the following:

- Health promotion
- Prevention of certain diseases and conditions
- Monitoring of growth, development, underlying conditions, and medication use
- Mental health screening and assessment
- Routine reproductive health care
- Academic or occupational engagement and progress
- Referrals for additional services
- Monitoring transitions and time spent outside of the family home
- Other activities that support the member's health and well-being

Required well-child visits: children and youth entering foster care

North Carolina Division of Social Services (NC DSS) requires both an initial visit and a comprehensive visit for infants, children, and youth upon first entering foster care. Follow-up well-child visits are typically scheduled at the time of the comprehensive visit and occur approximately 60 to 90 days after placement.

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Required and enhanced schedule: pediatric well-child visits and preventive care visits

Visit	Timing	Required	NC DSS form
Initial visit	Within 7 days of entry into foster care	- General health summary, including medication review - Initial treatment plan - Schedule 30-day comprehensive Visit	DSS-5206
Comprehensive visit*	Within 30 days of entry into foster care	- ASQ-3 (Ages and Stages Questionnaire) or PEDS (0-5) screening tool - PSC (Pediatric Symptom Checklist; ages 6-10 years) - Bright Futures Supplementary Questionnaire or the PSC-Y (Pediatric Symptom Checklist- Youth Version; self-report, ages 11-21)	DSS-5208
Well-child visits**	At least once a year (see below)	- Review of health status; repeat medication review; and hearing, vision, development, social-emotional, and school/educational screening - Comprehensive treatment plan and referrals - Schedule next well-child visit	DSS-5209

*DSS will provide an overview of child/youth health history to the primary care provider at least one week prior to the scheduled 30-day comprehensive visit using form DSS-5207.

**Per North Carolina Division of Social Services (NC DSS) foster care policy, children and youth in foster care (birth to 18) must see a primary care provider for a well-child visit at least once a year, in addition to any “sick visits” or additional visits recommended by the medical provider.

Optional enhanced wellness visit schedule

An enhanced wellness visit schedule refers to more frequent prevention and wellness visits. Healthy Blue Care Together supports an *optional* enhanced wellness schedule for all members, including well-child visits for children and preventive care visits for young adults.

The optional enhanced wellness visit schedule below is consistent with recommendations from the American Academy of Pediatrics for infants, children, youth, and young adults in foster care — up to the age of 21. Healthy Blue Care Together program has extended eligibility for enhanced wellness visits to all enrolled members — **up to the age of 26**.

Recommended enhanced schedule for well-child visits and preventive care visits*

Member age	Recommended enhanced well-child visits and preventive care visits
Birth to 6 months	Monthly
6 to 24 months	Every 3 months
24 months to 26 years	Every 6 months

*More frequent visits may be recommended by the member’s provider.

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Required and enhanced schedule: pediatric well-child visits and preventive care visits

References:

- [Healthy Blue Care Together Member Handbook](#)
- [Healthy Blue Care Together Provider Manual](#)
- [Healthy Blue Care Together website](#)

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