



AmeriHealth Caritas[™]

District of Columbia

To: AmeriHealth Caritas DC Providers

Date: August 13, 2026

Subject: ADHD Follow-Up Care After Medication Administration

Summary: AmeriHealth Caritas District of Columbia (DC) is providing best practice follow-up care for enrollees who are newly prescribed ADHD medication.

Medication Recommendations:

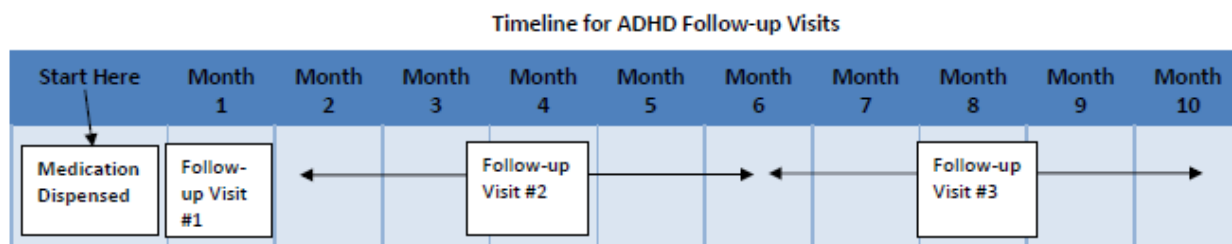
- Children and adolescents ages 6-12 should receive both US Food and Drug Administration (FDA)-approved ADHD medication and behavioral therapy, and/or behavioral classroom intervention, if possible.
- Adolescents ages 12-18 should receive FDA-approved medications for ADHD. Providers should also prescribe evidence-based training interventions and/or behavioral interventions as treatment of ADHD, if available.

Recommendation: Patients should receive at least three follow-up care visits within a 10-month period, including one visit within 30 days of when the ADHD medication was dispensed (Initiation Phase).

There are two phases for ADHD follow-up visits for medication management:

1. **Initiation phase:** Patients should receive one follow-up visit with a practitioner with prescribing authority within 30 days following the earliest prescription dispensing date.
2. **Continuation phase:** Patients who remain on the medication for at least 210 days and had a follow-up visit in the Initiation Phase should receive at least two follow-up visits within 270 days after the Initiation Phase ends.

Timeline for ADHD Follow-up Visits:



Note: If a patient has not filled a prescription for three months, the ADHD follow-up visit timeline should restart.

Best Practices:

- Assist enrollees with scheduling follow-up visits when they are newly prescribed ADHD medication.
- If needed, utilize telephone and telehealth visits during both the Initiation and Continuation Phases. Only one of the two Continuation Phase visits can be an e-visit (an online, non-face-to-face medical consultation through a digital portal) or virtual check-in (brief communication with a doctor or certain

other health care providers using real-time audio or video communication technology).

- According to the American Academy of Pediatrics (AAP), behavioral therapy has positive effects when combined with medication for ADHD.
 - Children under age six should receive behavioral health therapy and/or behavioral classroom interventions as the first line of treatment before medication is administered, as a best practice.

Resources:

This information can also be captured through Electronic Clinical Data Systems. Direct data feeds can improve provider quality performance and reduce the burden of medical record requests. Please discuss options with your Account Executive.

If you have questions about this communication, please contact your Provider Account Executive or the Provider Services department at 202-408-2237. Thank you for your continued support and commitment to the care of our enrollees.

Sincerely,

AmeriHealth Caritas DC