SHARP Health Plan

Provider Alert

To: Sharp Health Plan Providers and Provider Office Staff
From: Sharp Health Plan
Date: October 23, 2026
Subject: ADHD Medication Follow-Up Best Practices

Dear Provider Partner,

Timely follow-up care is an important component of treatment for children and adolescents prescribed Attention-Deficit/Hyperactivity Disorder (ADHD) medication. Follow-up visits help providers assess medication effectiveness, identify side effects, address adherence barriers, and make appropriate treatment adjustments.

The American Academy of Pediatrics (AAP) recommends that children and adolescents newly prescribed ADHD medication receive follow-up care with the prescribing provider within 2 weeks of starting medication to assess treatment response, adherence, and potential side effects.

HEDIS Follow-Up Appointment Guidelines

- Schedule the first follow-up with a provider who has prescribing authority within 30 days from the initial prescription date.
- Schedule at least 2 more follow-up appointments with any practitioner over the next 9 months.

Best Practice Reminders

Providers are encouraged to:

- Schedule follow-up appointments before the patient leaves the office.
- Ensure providers and office staff are aware of timely follow-up requirements.
- Discuss and address barriers to medication adherence, including missed doses, side effects, cost concerns, refill issues, and uncertainty regarding the treatment plan.
- Coordinate care with caregivers, schools, and other treating providers, as appropriate and with member consent.

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- Document care coordination efforts in the medical record.
- Consider combining behavioral therapy with medication management when clinically appropriate.

Strategies to Support Follow-Up Care
Practices may also consider:

- Utilizing Advanced Practice Registered Nurses (APRNs) for follow-up visits.
- Offering virtual, hybrid, or nurse-led follow-up options when appropriate.
- Using home monitoring tools and caregiver-reported vital signs to support virtual care.

Resources
Additional educational materials, screening tools, and best practice guidance are available through:

- Clinical and Quality Measures Toolkit
- Behavioral Health Toolkits for Medical Providers
- Child and Adolescent Behavioral Health Toolkit

For behavioral health referrals and care coordination assistance, contact the number on the member's health plan ID card or visit Live and Work Well using access code "clinician."

Questions?
Please contact Optum Provider Services at 1-877-614-0484.

Sincerely,

Sharp Health Plan Provider Account Management
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