



## Behavioral Health Prescription Refill Guidelines

Prescription medications for ADHD, anxiety, and depression are safe and effective but require close supervision to ensure your child experiences maximum benefits and minimum side effects. Behavioral health issues take time to improve. Children and life circumstances change over time, so regular appointments are the best way to ensure optimal support of your child.

### **Timing of Medication Management Appointments**

- **Starting a medicine or changing doses:** We require weekly to monthly visits with a doctor or nurse practitioner to determine the best medication dosing for your child.
- **Regular monitoring:** Once the appropriate medication and dose has been established, visits are required at least every 3 months. Standardized questionnaires may need to be completed at these visits to compare progress and ensure ongoing effectiveness. Virtual visits are a convenient way for your child to connect with their provider but we ask that you schedule an in-person appointment at least twice a year to ensure we have updated vitals and your child is physically examined.
- **Long-term stable medications:** Your provider will work with your family to determine the timing of visits and may extend in-person visits to a maximum of every 6 months if your child has shown a positive response to a stable dose of medicine for at least a year. We will provide 3 months of medication at each visit and will require a phone or secure portal message check-in to receive a refill.
- **Yearly in-clinic Well Child Check-up:** In addition to your child's recommended monitoring schedule, Allegro requires that all patients on long-term medications are seen in person for a Well Child Check-up once a year by their Primary Care Provider (PCP). We offer a combined Well Child Check-up + Med Check that will allow these two appointments to be done more conveniently, in one visit to our clinic.

### **Scheduling Tips**

- We ask that you plan ahead when scheduling to ensure follow-up visits are with the same provider.
- After school appointments are the most popular and fill quickly. [Schedule Online:](http://www.allegropediatrics.com) [www.allegropediatrics.com](http://www.allegropediatrics.com)

### **Medication Refill Requests**

- Communication with your child's primary care provider is most efficient through our secure [portal](#) messaging.
- For your child's safety, we cannot continue to refill your child's medication unless appointments are scheduled in a timely manner. Depending on the situation, we may refill a partial prescription until your child is seen.
- Please allow a minimum of two business days, Monday through Friday, for processing prescription refill requests. We ask that you contact us one week before your child runs out of medication for refills.
- Lost prescriptions will require individual consideration prior to refill.
- Allegro providers will not refill behavioral health medications managed by a community provider.

### **Legal Limitations Related to Behavioral Health Medications**

- If your child is traveling and needs to pick up a behavioral health prescription before the usual interval, please work with your pharmacy to request a "travel exception" in order for your insurance to cover and your pharmacy to allow this situation. This process can take up to a week.
- Providers' DEA licenses are state specific, so we are not able to refill prescriptions outside of Washington. The one exception is through mail order pharmacies. If you anticipate needing a prescription filled while out of state, please contact your insurance company to find out if you have this benefit. Your Allegro provider will need to know which mail order pharmacy your insurance plan uses, and you will need to ensure that the mail order account is set up for the prescription to be delivered to the desired address.