

DIAGNOSING ADHD

Only a health care provider can diagnose ADHD. If you think your child may have ADHD, follow these steps:

- Make an appointment with your child's health care provider for a checkup.
- The teachers, aides, principals, nurses, and therapists at your child's school can tell you about your child's daily behavior and how he or she learns best. Talk to them to learn more about your child's behavior during the school day. Their answers to questions such as how your child behaves in class, how well he or she listens, or how he or she follows directions will help your health care provider make the right diagnosis.
- If your child's health care provider prescribes medications, he or she should have a follow-up appointment with the health care provider within 30 days of starting the medication (preferably with the health care provider who started your child on medication).
- Over the next nine months, your child should have two more follow-up visits with either the health care provider who prescribed the medication or a mental health, health care provider. If the health care provider prescribes ongoing medication, it is important to follow their recommendations. Talk to the health care provider if you have any concerns.

FIDELIS CARE CAN HELP

If you think your child may have ADHD, there is help. The whole family should learn about ADHD and stay as healthy as possible. By working together, life with ADHD can be happier and healthier.



Find a Health Care Provider Near You

Finding a health care provider is easy with Fidelis Care's Find a Doctor online tool. Visit fideliscare.org and click the "Find a Doctor" link to search for health care providers within Fidelis Care's provider network.

Remember, if you need help making an appointment, call Member Services at 1-888-FIDELIS (1-888-343-3547); TTY: 1-800-421-1220.



Visit fideliscare.org/offices to find the community office closest to you!



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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-343-3547 (TTY: 1-800-421-1220). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-888-343-3547 (TTY: 1-800-421-1220)。

WHAT IS ADHD?

Important information about Attention Deficit Hyperactivity Disorder



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WHAT IS ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a common illness that affects 3 to 5% of all school-age children. A child with ADHD often shows repeated behaviors such as hyperactivity, impulsiveness, and inattention. ADHD is not simply a child disobeying, not listening, or fidgeting too much.



SIGNS OF ADHD INCLUDE:

- Has Short Attention Span
- Is Unable to Stay Seated or Play Quietly
- Difficulty Following Directions
- Fights Structure
- Fidgets and Squirms Frequently
- Does Not Finish Tasks
- Interrupts Often
- Talks A lot or Inappropriately

ADHD IS TREATABLE!

The good news is that ADHD is treatable. While there is no known cause or cure for ADHD, your health care provider can manage this illness. With family and school support, the child with ADHD can be helped.

QUESTIONS?

Call Fidelis Care at **1-888-FIDELIS (1-888-343-3547)**. We can help you find a health care provider near your home.



TREATMENT OF ADHD

Treatment can help to control the symptoms of ADHD. A health care provider can decide what treatment will help your child. ADHD is often treated with medication and/or behavior training (counseling).

1. Medications

You and your health care provider should discuss which medication may be right for your child. Medicine should be taken only as prescribed. Because some medicine may need to be taken during school hours, you must tell your child's school.

2. Behavior Training

Behavior training, or counseling, is for the parent and the child. A therapist can help you understand how to manage your child's behaviors. He or she can also help your child understand their ADHD. For treatment to work, it is very important to work closely with your child's health care provider and his or her school. Working as a team will give your child the best chance to be successful.