



Back-to-School Health Check

As a new academic year approaches, one of the most important things on the back-to-school to-do list should be an annual physical. Checking in on your child's physical and mental well-being ensures a healthy start to the school year, and sets the tone for their overall wellness, focus, and performance.

Preparing for Your Child's Health Check

As we know, children grow and change quickly. Annual health check-ups help ensure that a child is meeting their developmental milestones, up to date on immunizations, and addressing any health concerns that could impact their learning or everyday life ahead of time.

As parents, it's important to be as prepared as possible by ensuring that you bring any school forms, as many schools may require specific health documents, prepare any questions you may have about your child's sleep, behavior, nutrition, or learning abilities.

Pre-Appointment Reminders

- Schedule check-ups well in advance.
- Put all forms, insurance card, medication list, vaccine record, etc. in a folder the night before.
- Know your child's current medications, including dosage and how often they are taken.
- If your child has any ongoing conditions such as asthma, ADHD, diabetes, seizures, allergies, etc., write down the name of their specialist if they see one.
- Be ready with recent health updates—ER or urgent care visits, surgeries, major illnesses, etc. since the last check-up.
- Write down all questions ahead of time.

What Happens During the School Physical?

School physicals cover a lot of ground, but every provider has their own protocol. Here are some things that should be addressed during the visit:

Immunizations & Vaccines: A provider will review vaccination records and recommend any necessary vaccines.

Vision & Hearing Screenings: Early detection of impairments can aid in academic success.

Growth & Milestones: Your provider will measure and monitor healthy growth patterns.

Mental Health: Your child will be screened for anxiety, depression or other emotional challenges and recommended resources if needed.

Nutrition & Physical Activity: Discuss your child's diet, hydration, and physical activity level.



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