

Back-to-School *Checklist* ✓

Avoid the rush! Plan now to schedule your family's well-child exams. Here's a checklist to get you started. Contact your PacMed pediatrician or family medicine practitioner for more information

- Schedule well-child exam
- Update required immunizations
- Get your child's vision checked if due for an exam
- Notify the principal's office, school nurse and teachers about any health problems or medications
- Schedule a dental check-up
- Make a plan for healthy snacks and lunches
- Schedule a hearing/speech screening if necessary
- Other: _____

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711).

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (TTY: 711)

