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: ________________________________