Stay on track. 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: ______________________________

Pacific Medical Centers and its Affiliates do not discriminate on the basis of race, color, national origin, sex, age, or disability in their health programs and activities.

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)