

Back to School Checklist + Tips

Back to School Checklist

1

SPORTS PHYSICAL

Required before most fall sports



3

VISION SCREENING

Catch issues before they affect learning



2

IMMUNIZATIONS

Check school and state requirements



4

SLEEP ROUTINE

Bedtime routines will be adjusted



Stay Healthy this Back to School Season!

Starting the school year off strong means building a few simple habits

- **Wash hands often**, especially before meals and after recess
- **Pack water and a healthy snack** in lunches for extra energy throughout the day
- **Stay active after school** with walks, bike rides, or a fall sport
- **Aim for a consistent bedtime** to stay focused in class

Whole Family Wellness

Fall Is the Perfect Time for a Wellness
Check for Every Member of the Family



As schedules pick back up this fall, it's the perfect time to make sure every member of your family is up to date on their care. We offer preventative services for patients of all ages, from annual physicals and flu shots to chronic condition management and wellness screenings. A little planning now can help your family stay healthy all season long.

What Fall Wellness Visits Cover

- ✓ Annual physicals for kids, teens, and adults
- ✓ Flu shots and seasonal immunizations
- ✓ Chronic condition check-ins (diabetes, hypertension, asthma, and more)
- ✓ Age-appropriate screenings and lab work
- ✓ Sports and school physicals for student athletes

Why Preventative Care Matters

Regular checkups do more than catch problems early. They give your care team a clear picture of your health over time, so small changes get noticed before they become bigger concerns.

For families, staying on the same wellness schedule also makes it easier to keep everyone's appointments organized in one place.

Schedule an Appointment Today!

[Schedule Now](#)

