



# Med Center Health®

[VIDEO TRANSCRIPT]

## 90 Seconds to Better Health – Pediatric Back-to-School Physicals

*Helen Carter, Internal Medicine & Pediatrics – Med Center Health Primary Care*

[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

While kids are still enjoying the last few days of summer break, parents are preparing for the upcoming school year. To make sure children perform well, they need to feel well. That's why scheduling a back-to-school wellness visit is important.

[DR CARTER]

A well child visit is pretty comprehensive. We check their height, their weight, their vitals, make sure that they're growing well – we have all those data points on a growth chart – and then we ask a lot of questions about development and diet, things like that. We talk about any concerns that the parent or child has. It's a pretty comprehensive visit, so we want to make sure your child is doing well and any of your concerns are addressed as well.

So, if you're bringing your child in for a well child visit, there are a few things that would be helpful to bring in to that visit. The child's immunization record, especially if they're a new patient. If your child is on multiple different medications, I would bring those as well. And then, also, if you have a lot of concerns, it's always good to write those down just to make sure that you don't forget anything.

[NARRATOR]

Use the time with your child's provider to have these important discussions so you and your child can start the new year off with the knowledge and peace of mind you need.

[MUSIC] [NARRATOR]

For more information, visit [MedCenterHealth.org](http://MedCenterHealth.org).

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