



What You Can Expect at an Appointment

We want you and your child to be as comfortable as possible at each visit. One way we can do this is by minimizing surprises. Here is a brief description of a typical appointment so you can prepare yourself and your child for the visit.

We require that all of your patients be accompanied by a parent or legal guardian to every appointment. In the event a parent or legal guardian is not able to accompany the child, please call ahead to see if this will be allowed for the type of appointment that is scheduled. Patients between the age of 16-18 years of age may be seen unaccompanied with the permission of the parents. **All patients under the age of 16 must be accompanied by an adult in order to be seen.**

Arrival. Upon your arrival we will ask for your insurance card to verify your coverage (for returning patient we will offer you an opportunity to update your contact information.

Getting Started. After you and your child are called back to one of the exam rooms by a medical assistant, your child's vital signs will be checked.

Physicals. Depending on the age of your child, in addition to the vitals sign, we will evaluate their hearing and vision and take a small blood sample to check their hemoglobin. During the appointment, your child will need to remove clothing down to their underwear so that we may perform a thorough exam. For older children and teenagers (typically patients 14 and older), the physician will ask to be alone with your child in order to give them an opportunity to discuss any issues in confidence.

Shots. As stated on our New Patient Brochure, some Well Checks require vaccines to be given at that time. Should you have any questions about your child's vaccination schedule, please speak to one of the medical assistants. We suggest you prepare your child for vaccinations for each Well Care visits.

Urgent and follow up visits. Depending on the reason for the appointment, your child may be asked to remove their clothing. We understand that getting undressed can be stressful for many kids but sometimes it is required. This is often avoided by dressing your child in only one layer of loose fitting clothing such as shorts or sweats.

Questions. You will be given sufficient time to ask any questions you may have. Take a few moments before the appointment to gather your thoughts and develop your questions for the doctor. We suggest your write down your questions so you don't forget them.