



JANUARY 2020



Resolutions

Each year, millions of people make the same New Year's resolutions: lose weight, eat healthier & diet, get out of debt & save money, travel to new places, be less stressed. Each of the previous resolutions could be destined for failure because they are too vague, unachievable, do not enlist a necessary support system and do not include immediate incentives. Instead of making a "common" resolution, try these ideas!

- **Flavor your water with fresh fruits (i.e. lemons, cucumbers, berries) instead of drinking soda**
- **Make half of your plate fruits and/or vegetables at meal time**
- **Establish a new relationship or strengthen an existing one with someone who helps you be happier & healthier**
- **Smile more 😊**

What are Physicals For?

Have you ever wondered why your child needs an annual physical? A lot can change in a child's or teen's health within a year's time. By scheduling an annual physical, you are able to monitor the growth, health and development of your child in addition to safeguarding against potential physical problems that could arise. Explore why an annual exam is beneficial for your child.

Why do Schools Require Back to School Physicals Each Year?

Annual physical requirements vary depending on state and school. According to the Centers for Disease Control and Prevention, your child's yearly exam ensures that he or she is up-to-date on vaccines to protect against serious diseases. Safeguarding your child's health as well as the health of classmates, friends and others in your community is top priority for doctors and school administrators. Keep your child healthy by knowing your state's school vaccination requirements.

Are Well-Child Visits, Physical Exams and Sports Exams the Same Type of Visit?

Each of these annual exams are categorized as preventative care visits. Preventative care visits allow for your child to have a complete examination of his/her growth and development in order to prevent problems. These visits are important to keep children healthy and to focus on what is being done well in addition to changes that can improve your child's wellness.

What is the Difference between Preventative Care Visits and Sick Visits?

Both types of visit have varying reasons for scheduling the appointment. The primary differences are:

Preventative care visit. In this visit your child will have an in-depth physical review regarding normal development, sleep, nutrition, safety and illnesses that are "going around." This is a time for you to cover important topics regarding your child's well-being and overall health. Special attention is focused on whether your child is meeting the normal development milestones.

Sick visits. This particular type of visit is when your child has become ill and is showing symptoms. Normally a brief appointment, the focus is on finding the solution to why your child is ill and how to treat his/her symptoms.

What is the Best Time of Year to Schedule My Child's Physical?

The ideal time to schedule an appointment for your child's annual physical is before his or her next academic year - think spring and summer before the next school year. Though it varies, documentation will be required for your child to begin the academic year, in addition to sports and activities. Make sure your child is healthy and ready to begin his or her new adventure by scheduling an appointment with your pediatrician or doctor.

Don't have a primary care provider yet? Use our Find a Doctor tool to locate a family medicine doctor or pediatrician in your area and schedule your child's pre-participation physical exam today.