



# UMRHN

UPPER MIDLANDS RURAL HEALTH NETWORK

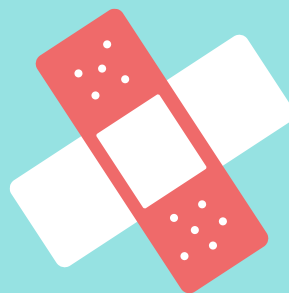
## June 2017

### TIME FOR ANNUAL PHYSICALS AND WELL VISITS



#### Why does your child need an annual physical?

- To track the growth and development of your child
- To identify potential physical problems
- To prevent obesity and promote a healthy lifestyle
- To discuss concerns you have about your child (eating, sleep, habits, getting along with others)



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#### SCHOOLS REQUIRE PHYSICALS EACH YEAR

The CDC states that your child's yearly exam keeps he/she up-to-date on vaccines to protect against serious diseases. Protecting your child's health as well as the health of classmates, friends and others in the community is top priority for doctors and school administrators .



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#### THE STATE OF SOUTH CAROLINA SCHOOL VACCINATION REQUIREMENTS:

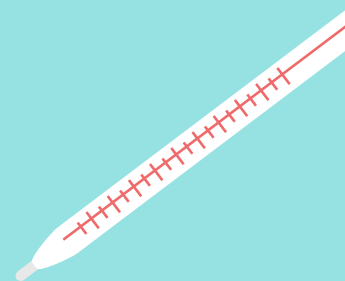
The best time to schedule an appointment for your child's annual physical is during the summer months, well before school begins in August. You want to make sure he/she is healthy to start the new school year. In addition, vaccination reports will be required for your child to begin the academic year.



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#### HOW CAN I PREPARE MY CHILD FOR HIS OR HER YEARLY PHYSICAL?

Prepare your child for a yearly physical by giving the child a quick overview of what will take place. Also, explain which immunizations may be given at that particular appointment. You want to minimize the unexpected and set the stage for a calm appointment.



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#### BRING TO YOUR CHILD'S APPOINTMENT:

- Changes in family medical history.
- Changes in the child's health since the last physical.
- List of any over-the-counter medications the child is taking.
- Your family insurance card.



#### Member Highlight

The **John A. Martin Primary Health Care Center** provides sick care and well care for all ages, annual/school physicals, sports physicals, chronic care, sports medicine, immunizations and more. In addition, our physicians provide prenatal care through delivery of the baby. Dr. Shaffer, Dr. McElmurray and our Nurse practitioner, Ashley Sirianni, DNP and staff enjoy serving as a medical care home for children and adults! [www.martinprimaryhealthcare.com](http://www.martinprimaryhealthcare.com)  
Contact us at 803-635-6099

#### UPPER MIDLANDS RURAL HEALTH NETWORK COMMUNITY MEMBERS

Catawba Community Mental Health Center, Chester County Representative, Chester County School District, Chester Healthcare Foundation, Chester Regional Medical Center, Eau Claire Cooperative Health Center, Fairfield County School District, Fairfield Memorial Hospital, Good Samaritan Medical Clinic, J. Marion Sims Foundation, John A. Martin Primary Health Care, Mid-Carolina AHEC, Midlands Technical College, North Central Family Medical Center, SC Department of Health and Environmental Control, SC Office of Rural Health, Springs Memorial Hospital, York Technical College