

5 Reasons Back-To-School Health Exams Are Important



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Back-to-school means new clothes and shoes, new schedules and...new health exams? It does if you want to make sure your children stay healthy and are ready for the transition back into the school year. Here are 5 good reasons to schedule that annual exam now:

1. **Stick a needle in it!** Stay up-to-date on necessary vaccinations as your children get older.
2. **Let's talk about it.** Annual exams are a great time to discuss family health history, disease prevention and/or address other concerns you may have.
3. **Say what?** Annual vision and hearing screenings are essential for your child to get the most out of school (and life).
4. **Student athletes?** Make sure your athlete(s) are in tip-top shape before starting the season to avoid injuries. Make sure to ask for a sports physical.
5. **Weigh in.** Keep your child's health in check by making sure they maintain a healthy weight by eating right and exercising. Your child's doctor can provide helpful advice.

Ace your back-to-school health prep by making an appointment with Dr. Bhargava at 513-564-6800. For a full listing of our primary care physicians, please visit

TheChristHospital.com/PrimaryCare.

