



PHYSICAL HANDOUT

Dear Parents:

- The Centers for Medicare & Medicaid Services (CMS) provides well-child physical appointment. By the age of 3, well-child physicals should be at least every year. Adults should also receive yearly physicals.
- Parent request: The only way to confirm that your child is overall healthy and has no underlining health, developmental, emotional, or other problems is to obtain an annual physical. You will need to schedule a physical with your provider so they know to allot more time for all the testing they perform during the physical.

WHY A PHYSICAL IS SO IMPORTANT

The annual physical/well-child physical **gives the pediatrician a chance to give the child a thorough physical exam that also addresses any emotional, developmental, or social concerns.** Not all parents realize that annual physicals for healthy children are a crucial part of their health care. In fact, most pediatricians consider “well visits” the most important service they provide. They consider them crucial maintenance care. Since these particular appointments are not focused on a specific problem, pediatricians have more time to discuss common concerns and they may also allow your pediatrician to identify common conditions which may not have obvious symptoms.

Information gathered from:

HealthyChildren.org

ufhealthjax.org