



Checklist for a Successful Annual Physical Exam

- 1. Schedule your appointment up to 6 months in advance.**
- 2. Visit our website and print off and complete (or stop by our office and ask for the forms)**
 - a. Medical History form (2 pages)**
 - b. Age appropriate Questionnaire**
- 3. Bring your completed paperwork to the appointment or come 10 minutes early to complete the paperwork**
- 4. Wear gym shorts and a t-shirt for comfort during your physical exam**
- 5. Review more detailed tips listed below.**

Prior to your appointment:

1. Visit our website at www.completechildrenshealth.com to print off and complete necessary forms to bring to your appointment, or stop by our office and ask for a copy. This avoids having to complete the forms while you are in our waiting room prior to the appointment.
 - a. Medical History form – This form is necessary to provide the "complete picture" of your child's health to your provider. It includes information about the home and school/daycare environments as well as gathering information regarding all health care received outside of our office. By gathering this information, it allows your provider to offer the best care possible for your child(ren). We ask that you update this form once a year after the initial completion of this version of the form.
 - b. Age appropriate questionnaire – your answers on this form are necessary to give your provider details about your child's developmental skills, parent observations, and observations involving day to day activities. For ages 11 and over, there will be 2 questionnaires, one for the patient and one for the parent.
 - c. More detailed Developmental questionnaires are completed at 9 months, 18 months, and 24 months of age. The questionnaires help measure progress at these stages of development.
 - d. Additional questionnaires related to some chronic health concerns may be given to you at your appointment to be completed at that time.
2. Gather and bring along any school or camp forms that need to be completed. We have a standard Lincoln Public Schools form available.
3. Compile a list of your health care concerns. Be prepared to schedule additional appointments to discuss health care concerns that involve extended time with your provider.

At your appointment:

1. Be prepared to complete the necessary paperwork if you didn't print it and bring it along.
2. We will ask for an updated copy of your insurance card, demographic information, and any copayments for your visit.
3. Over the age of 3, loose fitting t-shirt and gym shorts may be appropriate for your physical exam. A gown will be provided as needed.
4. When possible, don't bring extra guests or siblings to the exam room to avoid distractions during the visit.
5. Know that your providers enjoy getting to see you when you are well and want to provide you with the best possible information to keep you healthy in the future.

Scheduling tips:

1. You can call up to 6 months in advance to schedule your annual physical exam.
2. If you have received health care outside of our office, updated copies of medical records including immunization history are necessary to provide the correct immunizations. You may bring these to our office or have your previous health care provider fax them to us at....
3. 4 year annual physical exams must be completed after your birthday for the immunizations to count for kindergarten.
4. 12 month exams must be scheduled after the child has turned 12 months for immunization purposes.
5. For students involved in high school sports, the Nebraska School Activities Association specifies that the physical be completed after May 1 to be considered for the school year that begins in the fall.
6. Annual exams are recommended for children 3 years and older. (For all ages of children, [click here](#) for a detailed exam and immunization list as recommended by your physician.)