

Stony Brook Pediatrics

caring for families & children for over 30 years

Welcome to our August Newsletter!

Office Changes for Stony Brook Pediatrics

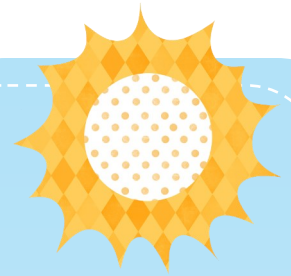
Walk-ins are beginning again on Sept 7th from 7:30-8:30 am. Social distancing is still important when waiting in the waiting room.

Why is it important to get yearly physicals?

We recommend yearly physicals to all of our patients, no matter the age or the grade they are entering. This is important to maintaining and teaching good health practices to your children. Many parents wonder why it is important for it to be every year and not just when school requires it. Some reasons are as follows:

- ⇒ It is important to have a yearly physical exam to spot potential issues
- ⇒ Update vaccines
- ⇒ Ensure your child is getting hearing and vision screens, along with any other screenings that they would need
- ⇒ Discuss new prevention and treatment recommendations
- ⇒ Reduce risk for disease by discussing and catching things early
- ⇒ Manage any medications
- ⇒ Monitor blood pressure and other vital signs

It is also important to bring your child in yearly to discuss any concerns with their health care provider that they might have as well.



**Are you signed for the
Healow app?**

If not, now is the time!

- A secure app that helps you manage what's important – the health of you and your family!
- Receive automatic medication reminders based on the schedule you set up
- Send a refill request to your doctor when you are running low
- Healow contains all of your important health information, including labs, imaging studies and procedures, recent vital signs, allergies, medical problems, immunizations and more.
- Let healow send you automated reminders for upcoming appointments and give you a Visit Summary when you're done! You can view past and future appointments using healow and write notes about those issues that you want to discuss with your doctor.
- App is available in the App Store and on google play

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become web enabled!**

