

Back-to-School, Back-to-Health

As the new school year approaches, now is the perfect time to make sure your child is healthy, confident, and ready to learn. A few simple healthcare visits before the first day of class can help prevent missed school days and set your child up for success all year long. Here are three important back-to-school health checks every family should prioritize.



GET REQUIRED PHYSICALS & IMMUNIZATIONS

A school physical is more than just a requirement. It's an opportunity to ensure your child is growing, developing, and staying healthy. During a physical exam, healthcare providers assess your child's overall health, review medical history, monitor growth, and address any concerns about nutrition, sleep, behavior, or academic performance.

Find a provider by visiting https://www.umar.com/oss/cms/UMR/Choice_Plus_no-nav.html.



CHECK ON THOSE PEARLY WHITE SMILES

Healthy smiles support healthy students. Regular dental visits help prevent cavities, identify oral health issues early, and teach children good habits that can last a lifetime. Untreated dental problems can lead to pain, missed school days, and difficulty concentrating in class. A back-to-school dental checkup gives your child a clean start for the year.

Look for a dentist at www.principal.com/dentist.



MAKE SURE YOUR KIDS CAN SEE THE WHITEBOARD

Did you know that many learning challenges can be linked to vision problems? Children may not realize they are having trouble seeing the board, reading assignments, or focusing during class. Because vision changes can happen gradually, regular eye exams are essential, even if your child has not complained about their eyesight.

Look for an optometrist by visiting www.principal.com/vsp.

