

What to Bring

- ☐ Immunization record or school form
- ☐ Photo ID for parent or guardian
- ☐ Medication list with names and doses
- ☐ Insurance information, if available
- ☐ Questions you want to ask your provider

Before You Go

- ☐ Call to ask if a physical and vaccinations can be completed in the same visit
- ☐ Confirm site hours and walk-in availability
- ☐ If using a sports form, complete the parent sections in advance

At Your Visit

- ☐ Share any missed doses or past reactions with your provider
- ☐ Ask about age-based recommendations for the next visit
- ☐ Request school or sports forms before you leave

Age-by-Age Quick Notes

- ☐ Ages 0–6: Follow the routine schedule and bring the immunization card to each visit
- ☐ Ages 7–10: Keep records current for school and after-school programs
- ☐ Ages 11–12: Ask about recommended vaccines for middle school; consider sports physicals
- ☐ Teens 13–18: Review records before tryouts or travel; discuss catch-up options if needed
- ☐ Adults: Ask about routine or risk-based vaccines for work, caregiving, or travel

After Your Visit

- ☐ Save updated records in a safe place
- ☐ Set a reminder for your next recommended dose or yearly physical
- ☐ If paperwork is needed for school, scan or take a photo for your files

Need Coverage?

- ☐ Life changes like a move, a new baby, marriage, turning 26, or loss of coverage may qualify you for a Special Enrollment Period
- ☐ Navigator assistance: (708) 747-7444

