



FOR IMMEDIATE RELEASE

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**LIVINGSTON HEALTHCARE READIES 'TWEENS AND TEENS
FOR SUMMER AND SCHOOL ACTIVITIES**

Livingston HealthCare encourages summer check-ups for 12-17 year olds this year with a new "Good to Go!" annual checkup. The 30-minute visit includes a thorough physical evaluation, vision exam, growth check, and education with a healthcare provider to prepare teens for summer activities, school sports, and life.

"We are so good about getting regular check-ups for children—until they're about 5 or 6 years old," said Dr. Peggy O'Hara, pediatrician. "This is a reminder for parents that adolescents can benefit from an annual exam as well. Plus, it's a great opportunity to start educating teens and tweens about their own health and development."

Days reserved specifically for "Good to Go!" exams are June 23, July 14, and August 11, but appointments may be scheduled anytime during the summer. Both male and female providers are available if there is a preference.

"We have a commitment to this community's health," added Sam Pleshar, Livingston HealthCare CEO. "That includes the youth who live here. For several years, we've offered a short-cut sports physical for teens, but we realized that they need and deserve a more thorough exam for better health."

This physical will cover all requirements for school sports physicals, summer activities, camps, etc. The young person must bring any specific forms needed to the exam, with parent information and medical history already completed.

Cost per child is \$50 and will be billed to insurance. Discounts are also available, if needed. Call 823-6414 to talk with a patient financial service representative.

Call 222-0800 to schedule an appointment or for more information.

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