



RPC Newsletter

▶ Remember to request forms required for registration such as a 3231 (Immunization Form) and a 3300 (Ear, Eye, and Dental Form).

▶ If you are unsure if your child is due for a check-up, please ask us to verify the last date of his/her last yearly wellness exam.



Do you have new insurance this year?

If so, please make sure we have an updated copy on file so that we can properly file your child's visit.

Important Numbers

Poison Control

1-800-222-1222

Suicide Hotline

988 or 1-800-273-0800

Healthy Habits

We encourage your family to try out these healthy habits in 2023



- Exercise for 30-60 minutes daily
- Eat 5 servings of fruits and vegetables daily. Try to eat out less and pack school lunches, when possible.
- See your primary healthcare provider and dentist regularly for check ups
- Drink water!!!



We are constantly evaluating our policies and procedures to ensure the safety and well-being of our patients and our staff. After careful consideration, we have decided to update our mask policy.

Effective immediately for patients and families:

Masks are optional with the following exceptions.

- The patient or household family member has tested positive for COVID-19 in the past 10 days
- The patient or family member has had a true exposure to COVID-19 in the past 10 days
- If you are sick with cold symptoms, we strongly encourage wearing a mask.



Spring sports are right around the corner!

Be prepared for your appointment!

- BRING your child's SPORTS FORMS to your appointment so they can be completed during your visit. **MAKE SURE TO COMPLETE THE HISTORY PAGE BEFORE SEEING YOUR PROVIDER.**
- If you have additional concerns, please let the patient care representative know when making your appointment, so we can allow extra time to accommodate all of your needs.

Need quick advice when your child is sick or injured?

Check out our Symptom Checker on our website, an awesome widget available on our website 24 hours a day. The Symptom Checker uses the same advice protocol that you receive from our telephone triage staff, and it is easy to use! Simply click on a body area or type in a symptom to receive helpful advice in managing your child's health.

Symptom Checker - English

Verificador de Síntomas - Español

