

REACH

Risk Evaluation to Achieve
Cardiovascular Health

 **CookChildren's**SM

Visit checklist

- ☐ Mark the date/time of your child's R.E.A.C.H Clinic appointment on your calendar.
- ☐ Confirm the location of the clinic. Directions are available on cookchildrens.org.
- ☐ Complete the questionnaire and bring it, along with any medical information (including previous lab tests) about your child, to his or her initial visit.
- ☐ Notify your employer and your child's school of the date/time of your clinic visit.
- ☐ Have your child eat his or her usual breakfast.
- ☐ Plan to arrive 15 minutes before your child's appointment to allow our staff sufficient time to process the paperwork for your child's visit.