

Dear Parent/Guardian,

We're delighted you've chosen Atrium Health Levine Children's Healthy Futures Clinic to help your child enhance their health. Our full care team of doctors, dietitians, exercise specialists and more is here to provide your child with excellent care, and we'll help your family identify and meet your child's health and wellness goals.

We want to help you get ready for your first visit. Here are a few things we think you should know:

How to schedule your first visit: Before you can schedule your child's first appointment, please complete the attached paperwork and send it to our office. When we receive your paperwork, we'll reach out to start the scheduling process.

What to expect at your first visit: Your first visit will take about 2 hours, and a parent or guardian must stay with your child the entire time. We'll get to know your child and understand their medical history, as well as your family's habits including eating, activity, rest and self-care. From there, we'll identify health and wellness goals and partner with you to promote the healthy futures your whole family deserves.

Dos and Don'ts for your first visit:

- **DO** make sure your child wears comfortable athletic clothes for fitness testing.
- **DON'T** let your child eat or drink after midnight before their first appointment – there will be fasting bloodwork.
- **DO** pack a water bottle and a healthy snack for your child.
- **DON'T** forget your insurance card.

We look forward to working with your child and family. Thank you for giving us the opportunity to be a part of your child's healthy future – we'll see you soon!

Warmest regards,

The Levine Children's Healthy Futures Clinic Team