



's

High Five Schedule

Use this chart to help keep track of your child's High Five visits.
Just post it on your refrigerator and fill in the dates as you go!

Begin here

Yearly physical exam

(date)

2 weeks

1st High Five visit

(date)

3 months

2nd High Five visit

(date)

3 months

3rd High Five visit

(date)

3 months

4th High Five visit

(date)

3 months

Yearly physical exam

(date)

3 months

5th High Five visit

(date)

3 months

6th High Five visit

(date)

6 months

Yearly physical exam

(date)

Phone call with
High Five nurse
about 6 weeks
after first visit

Phone call with
High Five nurse
about 6 weeks
after second visit

What If I Miss a Visit?

No need to worry! If you miss an appointment,
just contact your HVMA pediatric site to schedule
your next appointment.

Any other questions? Call us toll-free at 1-866-874-0857,
or email us at highfiveforkids@hphc.org.

visit our web site at
www.highfiveforkids.org !



Congratulations!

You've completed the
High Five for Kids program!