

Senior,

Congratulations! Graduation is just around the corner! You are almost there! Keep up the good work! You should be proud of your accomplishments during unprecedented times! You may also be facing tremendous uncertainties about your future. *“What can I do NOW to prepare for the future? What are my options? What do I need after I graduate? Can I go to college? What career do I choose? Who can help me?”* The School-Based Health Center (aka Wellness Center) is offering a comprehensive service to assist with your transition from high school.

The Wellness Center invites you to schedule an appointment for your “Senior Check-Out”. Our “Senior Check-out” visit offers a comprehensive medical evaluation (physicals are generally required for employment and college), immunizations (also required for college and employment), personalized care for your specific needs, and an overall assessment of all aspects of health. Our counselors can support you with stress reduction strategies, identifying resources, and building your skills for the next steps. Additional resources include our dietitian who can make nutritional recommendations for your best self and our community health worker to connect with resources such as health insurance, family doctor (maximum age for most pediatricians is 18) and other healthcare providers, housing, college planning, and employment.

Now is the time to start your “Senior Check-Out”! It’s as easy as calling your Wellness Center, (302) 651-2100, to schedule an appointment. **You must be enrolled in the Wellness Center** (*E-link below), 18 year and older can self-enroll. You or your family will NOT be charged for this service; however, insurances may be billed for some services. Call us today to take advantage of this personalized service.

Warm Regards,

The Wellness Center

*E Registration link:

Cab/Wilmington Charter:

<https://redcap.christianacare.org/surveys/?s=ELX7NKDDD7>