

Senior Check-Out

Transition from High School Services at the Wellness Center

The Wellness Center is offering a comprehensive service to our graduating seniors. We are proud of their accomplishments and would like to offer an individualized plan to assist with their transition from high school to their future endeavors. The “Senior Check-Out” offers a comprehensive medical evaluation as well as an evaluation and support for all aspects of health. The medical visit would include a physical, immunization review/update to meet college and employment requirements. Our counselor can assist with stress reduction strategies, identifying resources, and building skills for the next steps. Our community health worker can assist with connecting to community resources such as insurance, housing, and health care providers as many graduates age out of pediatric care by age 18. Lastly, our dietitian can provide guidance on healthy eating for best academic and athletic performance. Students must be registered at the Wellness Center (*link below) and there are no out of pocket expenses. Call the Wellness Center at 302 651-2100 to schedule a “Senior Check-Out” appointment.

*E Registration link:

Cab/Wilmington Charter

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

There are **no out-of-pocket fees** for any of our services. We do not charge co-payments or deductibles. We will ask to make a copy of your current insurance card for billing purposes.