

BACK TO SCHOOL CHECKLIST



oklahoma
complete health

Gearing up for the new school year involves a lot of planning. With this checklist, families can make sure they cover all the bases for every kid, every year.

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| ☐ Schedule appointment to complete wellness exam | ☐ Ensure child's dental health is up to date |
| ☐ Complete sports physical | ☐ Ease back into sleep routines |
| ☐ Provide up-to-date vaccine records and any medical history to the school | ☐ Plan for nutritious and healthy meals |
| ☐ Schedule an eye exam if child hasn't had one recently | ☐ Call Member Services to learn more about value-added benefits |
| ☐ Make sure all necessary medications are updated and have a plan for giving medications at school | |



HERE'S TO A GREAT
SCHOOL YEAR AHEAD!



HERE
FOR YOUR
HEALTH



Notes

Important Numbers:

SoonerSelect Member Services - 1-833-752-1664 (TTY:711)

Children's Specialty Program Member Services - 1-833-752-1665 (TTY:711)

Non-Emergency Transportation - 1-877-718-4212 (TTY:711)

Oklahoma Health Care Authority - 1-800-987-7767 (TTY:711)

Mental Health Crisis Line - 988 (TTY:711)