Optimum Internal Medicine and Pediatrics

10044 Hwy 46, Bon Aqua, TN 37025 | (931) 996-4247

5 Year Kindergarten Visit

Parent and staff instructions - keep with the clinical sheet

Parents / guardians: Complete only the identification, allergies, medicines, and the upper-left Nutrition and Problems / Interval History sections. You may type in the available identification fields, then print. Leave measurements, risk-assessment results, screening scores, examinations, orders, vaccine entries, billing and signatures for staff. Bring **both pages** to the appointment. Do not send completed forms through the website.

Do not give medicine based on this form alone. Printed doses and vaccine sequence numbers on the clinical sheet are preserved workflow entries, not patient-specific orders.

Staff medication verification: Before any dose, verify current weight in kg, age, indication, allergies, product concentration, dose in mg **and** mL, interval, maximum daily dose and contraindications. Document clinician-approved instructions. Preserved numbers do not replace this check.

Age-specific clinical checks

Use an age-appropriate balanced diet rather than a blanket 20-30% fat or 300 mg cholesterol limit; individualize for growth and medical risk.

Car seats: rear-facing until the seat height OR weight limit, then a forward-facing harness to its limit, then a booster until the adult belt fits correctly (often age 8-12). Keep children younger than 13 in the rear seat.

Staff screening check: Use validated age-appropriate tools, not checkboxes alone: developmental screens at 9, 18 and 30 months; autism at 18 and 24 months; mental/emotional/behavioral screening per current AAP schedule.

Staff vaccine and billing check: Reconcile actual records, age, product, prior doses, minimum intervals and contraindications against current AAP guidance. Verify preserved protocol numbers, including combination-vaccine components. Billing presets are not orders: code actual services and payer rules; COVID-19 administration uses 90480, not 90460/90472. Do not automatically apply modifiers or unit counts.

Sources and version

Clinic revision based on AAP 2026 immunization guidance, current AAP preventive-care guidance and age-specific safety references. Original TNAAP 07/2025 attribution and intentional workflow marks are retained. This clinic revision does not imply TNAAP endorsement.

AAP preventive care | AAP 2026 immunizations | AAP current RSV guidance

Billing check: For non-COVID vaccines, 90460/90461 require qualifying physician/QHP counseling through age 18. Calculate units from vaccines and components actually given. Verify product codes, route, diagnosis, documentation and payer requirements with the billing team before use. For an eligible patient, COVID administration uses 90480 separately. Flu/COVID examples assume separate vaccines; verify coding for any combination product.

AAP COVID billing AAFP vaccine administration CMS COVID coding

5 Year Visit/Kindergarten Check-up

Date _____

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Tennessee Chapter
INCORPORATED IN TENNESSEE
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®
Form revised 07/2025

Name _____ Birth Date _____ Age _____

Historian _____ Allergies _____ Medications _____

Weight _____kgs. Length _____cm BMI _____%tile Temp. _____AX REC

B/P: _____ / _____

Nutrition
Appetite ☐ good ☐ variable ☐ picky
Water: ☐ city ☐ well ☐ spring ☐ bottled ☐ fluoridated
WIC ☐ Yes ☐ No

Interval History/New Problems
Change in family history? ☐ Yes ☐ No
Change in social history? ☐ Yes ☐ No
If Yes, what? _____
_____

Are there new problems or illnesses since the last visit? ☐ Yes ☐ No
If Yes, what? _____
_____

Speech/Hearing Risk Assessment
Hearing screening test
☐ Pass ☐ Abnormal ☐ Unable to test

Vision
Vision screening test:
L near 20/ _____ far 20/_____
R near 20/ _____ far 20/_____
Photorefractive screen — +

Hepatitis B Risk Assessment
☐ Yes ☐No

Anemia Risk Assessment — +
poverty ___ poor diet ____ chronic illness _____
Lead Risk Assessment — +
TB Risk Assessment — +

Developmental Surveillance
☐ Yes ☐ No Concerns? _____

Psychosocial/Behavioral Surveillance
☐ Yes ☐ No Concerns? _____

Safety
☐ Harness to seat limit, then booster; see guide
☐ Bike helmet, street safety
☐ Smoke detectors in home
☐ No smoking in home
☐ Water safety, swimming lessons
☐ Outdoor safety, supervision
☐ Firearm safety
☐ Sunburn prevention

Physical Exam

Undressed: ☒ yes ☐ no

General	☐ nl	☐ abnl
Head	☐ nl	☐ abnl
Neck	☐ nl	☐ abnl
Eyes	☐ nl	☐ abnl
Red reflex	☐ nl	☐ abnl
Alignment	☐ nl	☐ abnl
Ears	☐ nl	☐ abnl
Nose	☐ nl	☐ abnl
Throat/Mouth	☐ nl	☐ abnl
Lungs	☐ nl	☐ abnl
Heart	☐ nl	☐ abnl
Abdomen	☐ nl	☐ abnl
Femoral Pulses	☐ nl	☐ abnl
Spine	☐ nl	☐ abnl
Extremities	☐ nl	☐ abnl
Hips/Gait	☐ nl	☐ abnl
Skin	☐ nl	☐ abnl
Neuro	☐ nl	☐ abnl
Genitalia		
Female	☐ nl	☐ abnl
Male	☐ nl	☐ abnl
Testes	☐ nl	☐ abnl

EPSDT CPT Coding:
99383-25 if New or 99393-25 if Est.
Z00.129 normal or Z00.121 Abnormal
90460--59: flu 1 unit if given; Z23.
COVID: 90480 if given (separate code).
96110-59 Z13.40
96160-59 Z11.1, Z13.88, Z13.84
99173 Z13.5
99174 Z13.5 if performed
92551 Z13.5
36416 if performed Z13.0, Z13.88
85018 if performed Z13.0
99000 if performed Z13.0
86580 if administered Z11.1
Vaccine codes as marked
Add E/M code if abnormal findings requiring treatment with -25 modifier

Catch Up Vaccines as below if needed

Health
☐ Low fat milk
☐ Encourage fruits and vegetables
☐ Brush teeth, see dentist
☐ Encourage active play
☐ Age-appropriate fats; see companion
☐ Individualize dietary counseling ☐ Balanced diet; see companion

Social/Behavioral
☐ Give choices
☐ Encourage independence
☐ Praise good behavior
☐ TV limits, read to child
☐ Help child handle angry feelings and resolve conflicts with others
☐ Family relationships
☐ Friends and playmates
☐ Questions about sex
☐ Pre-school, school readiness

Impression
☐ Well Child
☐ Normal Growth
☐ Normal Development
☐ _____
☐ _____

Plan/Referrals
☐ Immunizations current? ☐ Yes ☐ No☐ DTaP, IPV (4th dose on/after 4th bday), MMR, *Varicella (2 doses or hx of dz), Hep A
☐ Influenza vaccine
☐ COVID vaccine
☒ Counseling
☐ If BMI >85%, follow-up plan
☐ Dental referral
☒ Fluoride Varnish
☐ Supplementation if deficient in fluoride
☐ Hgb if at risk
☐ Lead level if at risk
☐ TB test if at risk
☒ 5 year handout sheet
☒ RTC at __6___ years
☐ Parent declination of treatment _____
☐ Referrals _____
☐ _____
☐ _____

_____ M.D. / P.N.P. / DO / PA

** Required for Kindergarten entry*