

4 Peds in a Pod



Charlotte Pediatric Clinic
Morrocroft, Matthews, Pineville,
Steele Creek

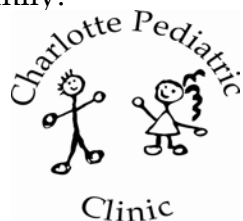
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Children are the world's most valuable resource and its best hope for the future.

~ John F. Kennedy

Welcome to Charlotte Pediatric Clinic!

Charlotte Pediatric Clinic (CPC) was founded in 1963 so the physicians and support staff have been taking care for generations of residents in the Charlotte area and surrounding communities. With locations at Morrocroft in South Park, Matthews, Pineville, and Steele Creek, we strive to provide excellent care for our patients within their communities. Our standards of care are based upon the recommendations from the American Academy of Pediatrics. We look forward to taking care of you and your family!



Sports & Health Forms

It is almost that time of year again...time for school and sports forms! Charlotte Pediatric Clinic is committed to filling out all necessary forms for our patients to participate in sports, camps, and other activities. We do require a minimum of 3-5 days to complete all forms not presented at well checks. This turnaround time is due to the volume of forms requested and the provider/staff time required to complete these forms. Please make sure **that all "Parent/Guardian" sections of the form are completed before** giving them or faxing them to Charlotte Pediatric Clinic.

Also, please know that the providers of Charlotte Pediatric Clinic require that your child has had a well check within the past 12 months for the form to be completed. There is a \$10 administrative fee to complete the majority of forms. This fee will be waived if forms are produced at the time of your child's well exam.

Please note, you may obtain a copy of your child's immunization record free of charge. Thanks for your patience and understanding!

Sunscreen

AAP Guidelines for infants less than 6 months of age are:

- Avoid sun exposure whenever possible. Find shade under a tree, umbrella, or the stroller canopy and avoid times when UV rays are strongest, from 10:00am to 4:00 pm.
- Dress infants in lightweight long pants, long-sleeved cotton shirts, and brimmed hats that shade the neck to prevent sunburn.
- When adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen. Use a sunscreen (at least 15 SPF) that says "broad-spectrum" on the label - this means it will screen out both UVA and UVB rays. Use on small areas of the body, such as the face, neck and the back of the hands.
- If an infant gets sunburn, apply cold compresses to the area(s) and contact your pediatrician as needed.

For All Other Children:

- Stay in the shade and limit sun exposure between 10 a.m. and 4 p.m.
- The first, and best, line of defense is covering up. Wear a hat with a 3-inch brim or bill facing forward, sunglasses (with 97% -100% protection against UVA/UVB rays), and lightweight clothing with a tight weave.
- Be sure to apply enough sunscreen - about one ounce per sitting. Use a sunscreen with an SPF of 15 or greater that is "broad spectrum"- apply every two hours, or after swimming or sweating.

Remember: Sunburn can occur even when it is cloudy, so be prepared!

What's New at CPC...

- The Charlotte Pediatric Clinic-Pineville office will be relocating to Blakeney in August 2012. The address of the new office is: 6235 Blakeney Park Drive - Suite 100, Charlotte, NC, 28277.
- Best wishes to **Dr. James Alderman** (Pineville office) who will be retiring on June 30, 2012. He has faithfully served children and their families throughout the Charlotte area for over 20 years and he will definitely be missed!
- **Dr. Anna Schmezler** will be returning to Charlotte Pediatric Clinic in August 2012. We are so excited to have her back in Charlotte!
- **Dr. Stephen Renfrow** (the current Chief Resident of Pediatrics at Levine Children's Hospital) and **Dr. Lindsay Wylie** (pediatrician in Durham, NC) will both be joining CPC in July/August 2012. Dr. Renfrow will be working at the Pineville/Blakeney office and Dr. Wylie will be working at the Steele Creek office!

Water Safety

The American Academy of Pediatrics (AAP) feels strongly that parents should never – even for a moment – leave children alone near open bodies of water, such as lakes or swimming pools, nor near water in homes (bathtubs, spas). Children may drown in an inch or 2 of water. So always stay within an arm's length of your child.

Make sure your youngster learns how to swim from an experienced and qualified instructor, preferably at an early age. Check for available lessons at local recreation centers, YMCAs, and summer camps. Never allow your child to swim alone or play by or in water away from the watchful eye of an adult (who ideally is trained in CPR).

For backyard pools, rigid, motorized pool covers are not a substitute for four-sided fencing, since pool covers are not likely to be used appropriately and consistently. Parents should learn CPR and keep a telephone and emergency equipment (i.e., life preservers) at poolside.



Charlotte Pediatric Clinic was the 2011 Family Favorite: Charlotte Parent Readers' Choice for Best Pediatric Group! (2008 - 2011)

My Health Online

We are encouraging all of our patients to sign up for a **My Health Online (MHO)** account! This is a free web based service that allows you to schedule appointments in real time (at all hours!), request prescription refills and update personal and insurance information. Soon you will be able to receive information about specialists, messages from our office and patient education materials. Please ask one of registrars how to sign up today!

Charlotte Pediatric Clinic has a Vaccine Policy Statement regarding vaccinating children and young adults. A copy of this statement can be requested at the front desk or found on our website!

Odds & Ends

Arriving for your Appointment

Please plan to arrive 15 minutes early for your appointment as this allows time for insurance and demographic information to be updated, developmental questionnaires to be filled out (when applicable) and it helps office flow.

If you arrive late, it may be necessary to reschedule your appointment. The registration staff will work with you to schedule the next available appointment.

ASOs and Safety Sheets

You may be given developmental questionnaires (ASOs) or Safety Sheets to fill out for your child's well check. Please take the time to fill these out as soon as you receive them as they will be reviewed by the nurse and/or provider. Thanks!

Insurance Cards

Please present your insurance card at every visit as we are required to scan your card at each visit. We understand that this can be inconvenient but it is imperative that we have up to date insurance information when filing your visit to insurance.

Self Pay Discounts

If you do not have insurance coverage for a specific visit, please notify our registrar as you may be eligible for our self pay discount.

Weekend End Clinic

We have walk-in weekend clinic hours from 8:30 a.m. to 11:45 a.m. on Saturdays and Sundays at our Morrocroft - SouthPark location for sick patients. Patients will be seen on a first come, first serve basis! Please plan accordingly!

Prescription Refills

Please allow 3-5 business days for all prescription refills.

CMC PASS

CMC-PASS (Patient Access Secured System) is a secure system that allows us to quickly register your child (over the age of 11) by taking a digital image of the vein pattern in your child's hand. Thank you for helping us with this advanced registration system!

Charlotte Pediatric Clinic Website

Please visit us at www.charlottepediatricclinic.org!

Charlotte Pediatric Clinic Matthews 332 Sam Newell Road Suite 1500 Matthews, NC 28105 704-512-6820 704-512-6821 (fax)	Charlotte Pediatric Clinic Morrocroft at South Park 4501 Cameron Valley Pkwy Suite 100 Charlotte, NC 28211 704-367-7400 704-367-7555 (fax)	Charlotte Pediatric Clinic Pineville 10348 Park Road Suite 300 Charlotte, NC 28210 704-512-5060 704-540-5873 (fax)	Charlotte Pediatric Clinic Steele Creek 13640 Steelecroft Pkwy Suite 210 Charlotte, NC 28278 704-512-6100 704-587-7601 (fax)
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All weekend clinics are held at the Morrocroft at South Park location.