

Parent Handout #4: Healthy Hawks Clinic

Your doctor believes that your child might benefit from the Healthy Hawks Program here at the University of Kansas Medical Center.

What is the Healthy Hawks Program?

Healthy Hawks has two programs - a monthly clinic and weekly groups. You are welcome to do one or both, whichever works best for you and your family.

Healthy Hawks Monthly Clinic

The Healthy Hawks clinic is a monthly clinic appointment. You and your child will meet with a team of doctors to help your child lower his BMI and live healthier. This team of doctors has a physician, a psychologist, and a dietician. They will help you and your child with things your family wants help with about weight and overall health. This clinic will talk about your concerns and continue to give you information to help your child live a healthier lifestyle.

Healthy Hawks Weekly Groups

The Healthy Hawks Weekly Groups are free to you and your family and no insurance is required. You and your child and your entire family will come to KUMC Pediatrics weekly for 12 weeks to learn more as a family about how you can improve your health. You will participate with a group of 8-10 other families.

Why does my doctor want me to go to Healthy Hawks?

Your doctor wants you to go to Healthy Hawks because he or she believes that it will be helpful in meeting your child's goal of reaching a healthy weight. Over the last 4 months, your family has been given information by your doctor and made many changes to make your child healthier. However, Healthy Hawks can give you more information and focus more on your family to help your child reach a healthy weight.

How do I get into Healthy Hawks?

To get your child into Healthy Hawks, you will need to schedule an appointment. If you would like to start in the clinic, you can do this by going to the front desk and asking to schedule a clinic appointment with the Healthy Hawks clinic, or by calling scheduling at (913) 588 - 6381. If you want to do the Healthy Hawks Group, please call the coordinator at (913) 588-2452 to request an intake packet. Your doctor may also have ordered labs for you if you do not have recent labs. Please make sure that you have your labs drawn before the clinic appointment.

REMEMBER: Schedule your first Healthy Hawks Clinic appointment.

My Healthy Hawks Clinic Appointment is on _____ (date) at _____ (time).