



**Schedule a well-check exam** & get all your required vaccines!

An annual well-check allows you to get a full picture of your child's health and provides more information than a camp or sports physical.

*Up-to-date vaccinations and vaccine records are required by the State of Texas. **Don't fall behind and keep your vaccines on track!***



## Checkup Checklist

### Where do I go?

Visit [ARCcheckup.com](https://ARCcheckup.com) to find an ARC location near you.

### What do I bring?

- ✓ Health insurance info
- ✓ Updated shot records
- ✓ Parent or legal guardian
- ✓ Camp and sports forms; we'll fill them out, too!

### Added benefits of a well-check exam

- Growth & nutrition monitoring
- Development assessments
- Family history screening
- Immunization updates

### Book a daytime, evening, or weekend well-check\*

You can check availability online, find a convenient time, and book your visit!

Please visit [ARCcheckup.com](https://ARCcheckup.com) or [MyChartARC.com](https://MyChartARC.com) for more information

\* Extended hours vary per clinic, visit [ARCcheckup.com](https://ARCcheckup.com) for full details.



Schedule a well-check exam today at [ARCcheckup.com](https://ARCcheckup.com)



## Don't Fall Behind on Your Vaccines!

Up-to-date vaccinations and vaccine records are required before entry, attendance, or transfer to a child-care facility, public or private elementary or secondary school in Texas.

### 2026 – 2027 Texas Minimum State Vaccine Requirements\*

Vaccine Required	Minimum Number of Doses Required by Grade Level		
	K – 6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup> – 12 <sup>th</sup>
Diphtheria/Tetanus/ Pertussis (DTaP/DTP/DT/Td/Tdap)	5 doses or 4 doses	3 dose primary series & 1 Tdap/ Td booster <i>within last 5 yrs</i>	3 dose primary series & 1 Tdap/Td booster <i>within last 10 yrs</i>
Polio	4 doses or 3 doses		
Measles, Mumps & Rubella (MMR)	2 doses		
Hepatitis B	3 doses		
Varicella	2 doses		
Meningococcal		1 dose	
Hepatitis A	2 doses		

\* For additional information, visit: [www.dshs.texas.gov/immunizations/school](http://www.dshs.texas.gov/immunizations/school)

The State of Texas Health & Human Services Commission makes annual changes to the immunization requirements for students in Texas public and private schools, grades K–12.

Additionally, the American Academy of Pediatrics (AAP) recommends that all children between 3 & 18 years old have a well-check visit annually and stay updated on their immunizations.



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