

# Dan Kats, MD

Andover Pediatrics

Thank you for coming to your appointment today. It was a pleasure taking care of you!

As a resident at Massachusetts General Hospital, my office hours are limited. If you'd like to set up a follow-up appointment with me, please ask the staff at the front desk (or call). I am usually in the office on Thursday afternoons. If that timing doesn't work, the other doctors and nurse practitioners would be happy to take care of you.

## Resources

If you're ever looking for medical information online, I recommend:

- [www.healthychildren.org](http://www.healthychildren.org)
- [www.kidshealth.org](http://www.kidshealth.org)
- [www.childrenshospital.org/conditions-and-treatments](http://www.childrenshospital.org/conditions-and-treatments)

I also have a website that I personally maintain with links to topic-/disease-specific resources (e.g., sleep training, breastfeeding, COVID-19, etc.): [www.katsmd.com/info](http://www.katsmd.com/info)

## Exercise

If you'd like exercise suggestions (both kid- and adult-friendly) that are completely free and don't require any equipment, check out my website: [www.dancekats.com](http://www.dancekats.com)

I also have a deal with Sworkit, which is an exercise app (web, iPhone, and Android) that I personally use. I reached out to them, and they offered to give my patients 40% off forever (I do *not* get any kick-backs from them and I pay full price for my own subscription). A free trial is available. If you're interested:

- Visit <https://sworkit.com/signup/>
- Choose a plan
- Click the "Have a promo code?" link and enter SWORKDOC40 for 40% off the lifetime of your membership