

# 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)
- [www.gikids.org](http://www.gikids.org) (Digestive Disorders)

## Voting

One of the important ways we can all affect everyone's health is by having input into who represents us in the government. Right now is a big election year, so we're trying to make voting as easy as possible. Point your smartphone camera app at this code and a pop-up will take you to a page to sign up to vote.



## Exercise

If you'd like exercise suggestions 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