

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
- www.kidshealth.org
- 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.). I also have handouts/resources for each Well-Child/Physical Visit:

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

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

Voting: To find out whether you're registered to vote or to register, go to: turbovote.org

Prescriptions: To find discounts for medications, go to: goodrx.com