

# In-Person Visits vs Telehealth: Choosing the Right Option for Your Child

We understand keeping your children healthy and safe is always your top priority. For this reason, it is essential to maintain regular visits to your child's pediatrician to properly maintain their growth and development, as well as ensure their long-term health. Routine well visits allow more opportunities to have questions answered related to your child's growth and development. While an infant may need to see a pediatrician more often, by the time your child is a toddler, and beyond, they should see their pediatrician on an annual basis. Littleton Pediatrics offers annual well checks that qualify as your child's sports physical—no need to make an appointment at an urgent care or with your child's school. Consistent routine visits allow your pediatrician to answer questions and provide a team-based approach to care, addressing any issues early for the best possible outcomes. The benefits of regular pediatric visits extend beyond immediate health concerns. They foster a trusting relationship between you, your child, and the healthcare provider. In this way, your child will feel more comfortable asking questions and taking control of their healthcare decisions as they age.

It is important to remember there are some issues that can be handled using telemedicine and some that cannot. For instance, any complaint that requires a test, like a possible UTI that requires a urinalysis or possible strep that requires a strep test are best addressed in person. These tests can be run conveniently in our in-house lab, allowing your pediatrician to examine, test, and treat your child all in one visit. If there is any concern about difficulty breathing or dehydration, the patient should always be seen in-person. It's important to be very cautious about independent and insurance-based telemedicine companies that try and make these diagnoses over telemedicine, as they can result in unnecessary antibiotics and misdiagnosis. Our office prides itself on being available to see your child for same-day sick appointments with your primary physician.

## In-Person vs Telehealth Appointments

### In-Person

- Well Child Checks & Immunizations
- Strep
- Ear infections
- Sinus Infections
- Eye infections
- UTI
- Flu
- Cough & Breathing Concerns (Asthma)
- Vomiting & Diarrhea
- Injuries & Concussions
- Learning & Behavioral Issues
- Menstrual Cycle Concerns

### Telehealth

- Med Check Follow Ups (In state only)

