



Press Release
FOR IMMEDIATE RELEASE

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Make This School Year a Healthy One

Knox County Hospital District Urges Families to Schedule Checkups and Immunizations Before School Begins

KNOX CITY, Texas (July 11, 2025) — Summer may still be in full swing, but the first day of school is closer than most of us would like to admit. That's why Knox County Hospital District is encouraging families schedule their children's annual physicals and immunization reviews now, before the back-to-school rush sets in.

"August always seems to sneak up on us," said Stephen Kuehler, CEO of Knox County Hospital District. "The earlier families call to get their appointments scheduled, the easier it is to avoid the last-minute scramble. We want to make sure every child in our community starts school healthy, confident, and ready to learn."

Get Ahead of the Back-to-School Rush

Both Knox City Clinic and Munday Clinic offer back-to-school physicals, sports exams, and immunization reviews. Appointments are available now, and families are encouraged to call soon to get a convenient time before school schedules become hectic.

For families in Knox City and Munday, this is a great opportunity to take care of checkups locally—without having to travel far or wait until the last minute. And it's not too late to get it all done before the first bell rings.

Why These Visits Matter

Annual physicals and wellness checkups play a vital role in keeping kids healthy. These visits allow providers to:

- **Update vaccinations** – Texas schools require children to be current on immunizations, including those for measles, mumps, rubella, hepatitis B, polio, varicella, and DTaP. A quick check of your child's records will ensure they're ready for school.
- **Track growth and development** – Providers monitor height, weight, BMI, and developmental milestones, while also discussing nutrition, physical activity, and screen time habits.
- **Screen vision and hearing** – Undetected vision or hearing issues can affect learning and behavior. These screenings help catch problems early.



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- **Manage chronic conditions** – For children with asthma, diabetes, ADHD, or other health concerns, regular visits help ensure their care plan is working.
- **Provide preventive guidance** – Annual checkups are a chance to discuss safety, emotional health, hygiene, sleep routines, and other age-appropriate topics that contribute to a child's well-being.

"These aren't just boxes to check," said Chris Scott-FNP at the Munday Clinic. "These visits give us a chance to catch small issues before they become bigger ones and to help kids build strong, healthy habits for life."

Sports Physicals Available Too

Middle and high school students participating in athletics will also need a sports physical, which focuses on heart health, joint mobility, and other key areas to ensure it's safe to compete. These need to be scheduled separately from wellness exams.

"Appointments in August fill up fast in both of our clinics," Kuehler noted. "If your child needs a physical for sports, this is the time to get it scheduled."

Accessible Care Close to Home

The Munday Clinic and Knox City Clinic medical teams are committed to providing local care with a personal touch—whether it's a quick immunization update or a full wellness checkup.

"We're proud to serve families right here in our community," said Kuehler. "Our clinics make it easy for parents to take care of their children's health without having to travel far or worry about affordability."

Make Your Appointment Today

Parents are encouraged to call now to schedule an appointment. For families in Munday, please call the Munday Clinic at 940-422-5271. Those in Knox City and surrounding areas can reach the Knox City Clinic at 940-657-3906. Appointments are available Monday through Friday, with flexible options to accommodate busy family schedules.

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About Knox County Hospital District

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. Services include 24-hour emergency care, diagnostic imaging, laboratory testing, long-term care, home health, physical therapy, patient education, and preventive care. For more information, visit www.knoxhospital.org or call 940-657-3535.

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Knox County Hospital District

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