

# THE ULTIMATE MOVER'S CHECKLIST

## HEALTH CARE OPTIONS



Go to [HMHDoc.org](https://www.hmhdoc.org) to research and make an appointment with:

- PRIMARY CARE PHYSICIAN
- APPLICABLE SPECIALISTS INCLUDING:
  - PEDIATRICIAN
  - OB/GYN
  - DENTIST
  - OPHTHALMOLOGIST
  - CARDIOLOGIST
  - ORTHOPEDIST
  - CHIROPRACTOR
  - THERAPIST
  - OTHER: \_\_\_\_\_

**Map out the closest facilities in case of illness or emergency:**

- URGENT CARE CENTER
- EMERGENCY DEPARTMENT
- TRAUMA CENTER

**Know your options for telemedicine:**

- DOWNLOAD THE [HMH CARE NOW](https://www.hmhdoc.org) APP FOR TELEMEDICINE ON-DEMAND
- FIND A PHYSICIAN THAT OFFERS TELEMEDICINE BY APPOINTMENT AT [HMHDOC.ORG](https://www.hmhdoc.org)

**Find nearby facilities to help you maintain your health and wellness:**

- PHARMACY
- FITNESS CENTER
- INTEGRATIVE HEALTH PROGRAM  
(I.E., REIKI, ACUPUNCTURE)



Hackensack  
Meridian Health