

MY 360 GROW

Care That Grows With Your Child

A premium, proactive pediatric care program supporting children and adolescents from birth through age 18. My360 Grow combines preventive care, developmental monitoring, and specialist support — through structured annual checkpoints and age-appropriate care at every stage — to help every child achieve their full potential.

● Healthy Growth Partnership — a dedicated healthcare team from infancy to young adulthood	● Preventive Care & Early Detection — age-appropriate vaccinations and evidence-based screenings
● Developmental Monitoring — physical, developmental & emotional milestones tracked	● Expert Pediatric Oversight — a Consultant (MRP) coordinates every specialist
● Dedicated Support — a Care Coordinator manages bookings; a Program GP leads annual reviews	● Family-Centered Care — parents are active partners in every care decision

① The Foundation (Birth–24 mo) Frequent visits, vaccines & early growth monitoring Consultant (MRP) Oversees your child's overall journey and coordinates specialist care	② The Growing Years (2–9) Annual rhythm alternating screening/assessment and checkup Program GP Conducts annual reviews and keeps every touchpoint on track	③ The Formative Years (10–18) Psychology support added; prepares for transition to adult care Care Coordinator Your point of contact for bookings, scheduling & referrals
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Touchpoint	0–2 yrs	3–9 yrs	10–18 yrs
Program Doctor / Pediatric Consult	Up to 5x/yr	1x/yr	1x/yr
Dental	1–2x/yr	2x/yr	2x/yr
Ophthalmology	1x/yr	1x/yr	1x/yr
Audiology	1x/yr	1x/yr	NA
Nutrition	1x/yr (from yr 1)	1x/yr	1x/yr
Psychology	For mother	8 yrs only	1x/yr
Specialist Referrals	Risk-based	Risk-based	Risk-based

Calendar is personalized to your child's age, risk factors, and developmental needs — not one-size-fits-all.

● Tracked at every visit — growth percentiles, BMI-for-age & developmental milestones	● Reviewed annually — vaccination completion, vision & hearing status
● Monitored ongoing — nutrition, oral health, sleep & emotional wellbeing	● Family Satisfaction — target of 80%+ satisfaction, every year

Ready to join My360 Grow, or still have questions? Reach out any time — our team is happy to schedule an appointment.

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“At My360 Grow, we believe every child deserves the opportunity to reach their full potential.”
— Dr. Mervat Qutub, Head of Paediatric Department