



Patient Handout on Sports Physicals

Dear Parent or Guardian,

We are frequently asked to provide a medical evaluation and complete forms required by a school district, organization or club to clear a child for participation in certain physical activities.

These "sports physicals" should not replace the annual well-child exam. The annual well-child exam allows us to discuss any health problems your child may have, including acne or chronic health conditions. It is also our opportunity to discuss with your child important topics such as peer pressure, nutrition, and avoiding drugs, tobacco and steroids. We want to develop an open and trusting relationship with you and your child so you can turn to us with questions or concerns regarding puberty, normal development or any medical conditions.

If your child has had a well-child exam within the last year and now needs a sports physical, we may need to update their medical history and provide a limited exam prior to completing the clearance form. We charge \$25 for this service, which is DUE AT THE TIME OF THE VISIT, as many insurance companies do not cover this service.

If it has been more than a year since your child's last well-child exam, we recommend that you schedule a well-child exam rather than a sports physical. We will be glad to complete the clearance form at the same time.

Thank you again for choosing us to provide this important service. We value your trust and welcome your comments or questions.

Sincerely,
Physicians and Nurse Practitioners of SICHHC

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