

Well-Visits with Sports Physicals

Adolescence is a crucial period with marked physical, emotional, and intellectual changes, as well as changes in social roles, relationships and expectations, all of which are important for the development of every young person and provide the foundation for adulthood. Establishing healthy behaviors is a vital part of this foundation and high-quality preventive care can play a critical role in providing the support adolescents need as they enter into adulthood.

What is the difference between an adolescent Well-Visit and a sports physical?

Iowa high schools require athletes to provide proof of annual physical exam in order to participate in high school sports. A sports physical is simply an exam that helps determine if it is safe for the athlete to participate in a particular sport. An adolescent well-visit gives providers a chance to perform not just a thorough physical exam and health assessment, but an opportunity to discuss many other topics that adolescents face in their transition to adulthood. A sports physical can be completed as part of an adolescent well-visit.

**To schedule your child's Well-Visit contact Adair County Medical Clinics
Greenfield 641-743-6189
Stuart 515-523-2513**

Most insurance companies will cover in full one well-visit per child per year. If you have already had a well-visit within the year please contact the Adair County Medical Clinic to get a sports physical form. www.adaircountyhealthsystem.org

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What is an adolescent well-visit?

An annual well-visit is more than a physical exam. The visit, sometimes called a checkup, also includes discussion of other health-related topics, including discussion of other health-related topics, including healthy eating, physical activity, substance use, sexual behavior, violence and motor vehicle safety.

