

Which Physical is Right for Your Child?

Sport Physical

The Sport Physical is a screening tool to review your child's systems and check for any abnormalities which could result in a health risk for the child participating in sports. There are two main parts to a sport physical: medical history and the physical exam. The medical history includes questions about illnesses and injuries the patient has had such as asthma or a broken leg and a review of immunization records. The doctor also will want to know about medical problems that run in the family or any medicines taken on a daily basis. For example, has anyone in the family had heart trouble? Another important question is whether the patient has ever passed out, felt dizzy, or felt pain in the chest while running or playing. The physical exam will usually include a review of the patient's height, weight and blood pressure. The physician will check the lungs, abdomen and look in the ears, nose and throat. Eyesight will be checked as well as flexibility and strength. The exam is focused on the areas listed above; questions not related to a sport physical should be addressed at a different appointment. Insurance is not filed for a sports physical.

Well Child Physical

The Well Child Physical is an annual check up. Like the Sport Physical, the physician will review the patient's systems and overall health history. Also, the physician may require additional tests such as blood tests. The Well Child Physical is very thorough and provides the physician with a good picture of the child's physical and emotional health. This time with the doctor is the ideal chance to discuss any other questions you have about your child's health, activities and overall health habits.

Insurance – What Is Covered?

Insurance coverage for well exams has changed with the implementation of the Affordable Care Act. Most plans will cover the cost of one annual exam within a calendar year. Check with your insurance plan for coverage options.

Need Help?

The Patient Answer Line (PAL) nurses can help you decide which physical exam is right for your situation. Contact the nurses at 830-9990 if you have questions or concerns about physicals.

Signature

Date