



April 19, 2017

Dear Parent,

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 any important topics such as peer pressure, nutrition, avoiding drugs, wearing seatbelts, etc. We want to develop an open, trusting relationship with you and your child so you can turn to us with questions regarding puberty, normal development or any medical condition.

If your child has had a well-child exam within the last year and now needs a sports physical, we will need to update the medical history and provide a limited exam prior to completing the clearance form. This year the sports physical discounted fee will be \$25.00 for this service May 1st thru August 1, 2017. After August 1, 2017 the cost will be \$40 which is payable by check or cash at the time of your visit.

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. Most Insurance companies will cover this as a "preventative exam" and should be of minimal charge to you. We will then complete the clearance form at the same time.

If you would like to schedule a physical for your child, please call SMC at (402) 443-4191. Sports physicals can be scheduled M-F during our office hours. If you will not be with your child at the appointment, please have the Sports Consent Form completed and signed, Pre-participation Physical Evaluation Form completed, and money with your child at time of appointment. *If this form is not completed and signed we will be unable to see your child.* The forms are also posted on our website for your convenience. If your child does not use our facility for their primary care, additional paperwork from the facility will be required. All forms must be completed before the child can be seen.

Thank you for choosing SMC to provide this important service.

Sincerely,

Stacie Sabatka, MS

Clinic Supervisor