



1760 County Road J  
Wahoo, NE 68066

[SaundersMedicalCenter.com](http://SaundersMedicalCenter.com)

**Family Care Clinic**

402 443-4191

**Long Term Care**

SKILLED NURSING FACILITY

402 443-4685

**Hospital**

402 443-4191

April 1, 2019

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 seat belts, 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, 2018. After August 1, 2019 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 and Well-Child exams can be scheduled M-F during our office hours.

**Items Needed *Prior* to Seeing Physician**

- Sports Consent Form completed and signed
- Pre-participation Physical Evaluation History Form completed
- Insurance card if Well Child Exam, or money for sports physical only.
- If you are a new patient, please call for additional forms
- All forms must be completed before the child can be seen. Forms available online **SaundersMedicalCenter.com** for your convenience.

Thank you for choosing SMC to provide this important service. If you have any questions, don't hesitate to call! Be Well.

Sincerely,

Stacie Sabatka, MS  
Clinic Director

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