



Complete physicals are important for kids of all ages.



To participate in school sports programs, your child must have a physical exam within the last 13 months.

Sports physicals are different from complete physicals, which emphasize prevention and health education.

Most family doctors recommend that children over the age of 14 have a complete physical at least every two years.



No Health Insurance for your child? There is help.

Washington State offers health insurance to kids up to age 19 for only \$15/month. Did you know that **a family of four making \$4300 a month will still qualify?**

1. Call 788-6594 to get the one-page application or to make an appointment
2. Make sure to include proof of income with your completed application.
3. If you qualify, your child's coverage will usually start the first of the month in which you applied.



Most types of health insurance do not pay for sports physicals

Complete physicals are covered by most insurances, usually without a co-pay.

The easiest & best way to clear your child to participate in sports is to give them the benefit of a complete physical, which can be scheduled for May or June before school ends and is valid for sports participation the following year. Here are the steps:

1. Call your child's primary care doctor.
2. Ask to schedule a complete annual physical.
3. Present your child's insurance coverage at registration.
4. Ask the doctor to complete the school's physical form.
5. If the doctor prefers to complete their own form, make sure that they specifically write "cleared to play sports."



But practice starts in a week and our doctor doesn't have an appointment that soon. What do we do?

- Call your insurance company to see if they will pay for a complete physical at one of the walk-in clinics on the back of this sheet without a referral.
- Ask if your doctor can schedule sooner for a sports physical and what it will cost for you to pay out of pocket.
- Ask your child's school if there are any sports physical clinics planned.
- See the sports physical prices at each of the walk-in clinics listed on the back.



This *Tools to Use* created by:



Questions? Call us: (360) 788-6594