

# Healthy Kids *are Better Learners*

## Complete Physicals are Important for Kids of All Ages

To participate in school sports programs, your child must have a physical exam usually within the last 13 months. **Sports physicals are different from complete physicals** and are not covered by most insurance plans. On the other hand complete physicals, which emphasize prevention and health education, are covered by most health insurances, usually without a co-pay. Most family doctors recommend that children over the age of 14 have a complete physical at least every two years.

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 as part of the visit.
5. If the doctor prefers to complete their own form, make sure that they specifically write "cleared to play sports."

### **If your child is without health insurance, there are options!**

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

1. **Call 788-6594** to get the one-page application or to make an appointment
2. If you qualify, your child's coverage will usually start the first of the month in which you applied.

Contact WAHA for more information: [www.WhatcomAlliance.org](http://www.WhatcomAlliance.org)

[WAHA@hinet.org](mailto:WAHA@hinet.org)

**788-6594**



**Working together  
for healthy students**

