



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 important topics such as peer pressure, nutrition, avoiding drugs, tobacco and performance enhancement substances. We want to develop an open, trusting relationship with you and your child so you can turn to us with questions or concerns regarding puberty, normal development or any medical conditions.

Often, the organization your child will be playing for requires that the last physical be completed in a specified timeframe prior to the start of the season. This is generally 6-8 weeks before the sports season begins. If your child has had a well-child exam within the last year and *now* needs a sports physical, we may need to update the medical history and provide a limited exam prior to completing the clearance form. Currently we bill your insurance company for this service as an Encounter for a Sports Participation Exam.

If it's 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. We will be glad to complete the clearance form at the same time. You would see two billing codes on your EOB

(explanation of benefits) the one for the Well Visit & the other for the Sports Exam Encounter performed on the same day.

Any child with history of a positive COVID-19 test, regardless of whether they had symptoms should be screened for chest pain, shortness of breath, syncope and palpitations and have a complete physical exam.

Children who had moderate or severe symptoms of COVID-19 will be referred to a cardiologist as per the AAP interim guidance.

Thank you again for choosing us to provide this important service. We value your trust and welcome your comments or questions.

Sincerely,

Kids and Teens Medical Group