

## BENEFITS

# Well Visits v. Sports Physicals

Sports physicals can be added on to someone's yearly well visit!



If you need help with the information in this document, including written/ oral translation; or in a different format like large print or as an audio file, we can help you at no cost. Call NHP at 800-541-6870 or State Relay 711 for callers with speech or hearing disabilities.

## Importance of Well Visits

- Helps to track growth and development milestones for all ages
- Ensures that a child is healthy and can get resources and services to address any health problems or illnesses
- Will ensure a child is up to date on all care services available including immunizations and screenings
- It is a chance to review the steps that can be taken to protect children from injury and illness
- Scheduling a well-child visit every year promotes better health habits
- A well visit can also include a check to clear a child to join safely in sports-called a sport physical
- Well Child Visits combine care in one appointment instead of having to schedule multiple appointments for a sports physical, vaccines, or other care

## Visits Defined

**Well Child Visits** are complete annual checks of child's total health, growth, safety and development and include,

- Full body evaluation of sleep, diet, mental health, and routine vaccinees
- Routine checks for hearing, vision, and blood exams
- Well Child Visits include sports physicals

**Sports physicals** are brief checks of a child's muscles, bones, and heart

- These checks only focus on if a child is healthy enough to play sports
- Does NOT take the place of a Well Child Visit, but can be added on to annual Well Child Visit

## CARE COORDINATION

Care coordination is free and can be used to help make appointments, get medications filled or set up transportation for your outpatient appointments. Call 888-502-4190 to connect with a care coordinator.